

LOAD DIARY

TOTAL UNITS = Duration x Intensity

MONDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			

TUESDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			

WEDNESDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			

THURSDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			

FRIDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			



SATURDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			

SUNDAY

ACTIVITY	TIME (Minutes)	INTENSITY	TOTAL UNITS
TOTAL DAILY UNITS			

TOTAL WEEKLY UNITS _____

Rating	Perceived Exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Table 1. The Borg Rating of Perceived Exertion Scale