## **Appendix 3**



## **Exercise Diary**

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Comments |
|-----|------|-----|-------|-----|-----|-----|----------|
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |
|     |      |     |       |     |     |     |          |

Record what you do, duration and (if you're able) how many calories burnt.

To be used as part of a supervised exercise training programme when used in conjunction with monitored nutritional consumption.

