

Appendix 10: Activity Log Tips

The following is a list of tips to help you fill out the activity logs effectively so that we obtain the research information needed.

| A. | B. | C. | D. |
|--------------------------------------|-------|----------------|--------|
| Monday – Date: ____/____/____ | Class | Time (min.) | Effort |
| Activity#1: _____ | N Y | _____ | _____ |
| Activity#2: _____ | N Y | _____ | _____ |
| Activity#3: _____ | N Y | _____ | _____ |
| Comments: _____ | | | |

A) Activity:

- Specify exact activity (e.g. walking, stretching, stationary bike). Please do not write in just the word “exercise”.
- Even though these activities may be tiring do not record the following:
 - ✘ Shopping / Errands
 - ✘ Work
 - ✘ Meditation / Stress management
 - ✘ Driving
- Do record walking to and from the grocery store, work, or to lunch if it is clearly stated and does not include time spent shopping, working, or eating lunch.
- Physical therapy:
 - ◆ Only record the times when you are doing the actual exercises by yourself.
 - ◆ Do not record the physical therapy sessions with your physical therapist.
- Do not group unrelated activities together such as gardening and housework, write as two separate activities since we need to code each activity separately.
- Do group similar activities together such as vacuuming and cleaning windows as housework. If you are unclear then state the activities separately.

B) Class:

- Please remember to circle Y=yes or N=no for whether the activity is a class you are taking or not. Exercising to a video or TV program is not considered a class.

C) Time:

- Remember to fill in the amount of time in minutes doing a particular activity.
 - ◆ Avoid writing in all day.
- Estimate the time to the best of your ability.

D) Work Effort

Remember to:

- Use scale
- Estimate work effort for overall activity instead of giving ranges.