Entered://20	Initials:	Verified: / / 20	Initials:
Participant ID:	I	TD	Visit:
	F	or office use only	

Activity Diary (AD) - Version: 11/28/2006 FORMV

For one week (7 consecutive days) please complete the Activity Diary each night before you go to bed or the following morning. Please use the diary to record your physical activity for the corresponding day. After 7 days, please place all 7 pages of the diary into the envelope, and bring it to your next visit at the Weight and Eating Disorders Program.

Participant ID:	

Date:/	Sunda	y Monday	Tuesday Wed	nesday Thursday	Friday Saturday
Using the list of	oday specifically for exercise? f physical activities below, pleavity. If you did any activities s	se check any activi	YES —>Total minutes v ties that you did today, a	walked for exercise WALK and for each activity that you isted below, please specify	check indicate how long
Aerobic Dance	AEROD/ AERODM min.	Horseshoes	HSHOE/ SHOEM mir	n. Skating (ice/roller)	SKATE/ SKATEM min.
Backpacking	BPACK/ BPACKM min.	Jogging/running	JOG/ JOGM min.	Snow skiing	SSKI/ SKIM min.
Badminton	BADM/ BADMM min.	Jump roping	JUMP/ JUMPM min.	Snorkeling	SNRKL/ SNRKLM min
Basketball	BASKET/ BASKETM min.	Lacrosse	LACR/ LACRM min.	Snow shoeing	SNOWS/ SNOWSM min.
Baseball	BASE/ BASEM min.	Life Circuit weights	CWGT/ CWGTM mir	n. Softball	SOFT/ SOFTM min.
Bicycling	BIKE/ BIKE min.	Martial Arts	MART/ MARTM min	Spinning/cycling	CYCLE/ CYCLEM min.
Bowling	BOWL/ BOWLM min.	Miniature golf	MINIG/ MINIGM min	n. Stairmaster	SMSTR/ SMSTRM min
Calisthenics	CALI/ CALIM min.	Nautilus	NAUT/ NAUTM min.	Step aerobics	SAERO/ SAEROM min
Canoe/Kayaki	CANOE/ CANOEM min.	Nordic Track	NORD/ NORDM min	Stretching exercices	STRCH/ STRCHM min
Cardio glide	CARD/ CARDM min.	Pilates	PILAT/ PILATM min	. Swimming (laps)	SWIM/ SWIMM min.
Cross trainer	CROSS/ CROSSM min.	Ping pong	PING/ PINGM min.	Tai Chi	TAI/ TAIM min.
Dancing	DANCE/ DANCEM min.	Play with kid (active)	PLAY/ PLAYM min.	Tennis/platform tennis	TENNIS/ TENNISM min.
Fishing	FISH/ FISHM min.	Punching bag	PUNCH/ PUNCHM r	min. Ultimate frisbee	FRISB/ FRISBM min.
Football	FOOT/ FOOTM min.	Racquetball	RQT/ RQTM min.	Volleyball	VOLLEY/ VOLLEYM min.
Frisbee	FRIS/ FRISM min.	Rafting	RAFT/ RAFTM min.	Water jogging/aerobics	WJOG/ WJOGM min.
Gardening	GARD/ GARDM min.	Rock climbing	CLIMB/ CLIMBM m	in. Water skiing	WSKI/ WSKIM min.
Golf	GOLF/ GOLFM min.	Rollerblading	RBLADE/ RBLADEM min.	M Weight lifting	WGTLFT/ WGTLFTM min.
Handball	HAND/ HANDM min.	Rowing	ROWW/ ROWM min.	. Wrestling	WRESTL/ WRESTLM min.
Hiking	HIKE/ HIKEM min.	Sailing or paddle boat	SAIL/ SAILM min.	Yoga	YOGA/ YOGAM min.
Hockey	HOCK/ HOCKM min.	Scuba diving	SCUBA/ SCUBAM m	in. Other SAMOTH1/SAMOTHS1	SAMOTH1M min.
Horseback riding	HBACK/ HBACKM min.	Shuffleboard	SBOARD/ SBOARDM min.	Other SAMOTH2/ SAMOTHS2	SAMOTH2M min.
Hunting	HUNT/ HUNTM min.	Soccer	SOCCER/ SOCCERM min.	Other SAMOTH3/ SAMOTHS3	SAMOTH3M min.

Date: / / 20_							
	Sunda	y Monday	Tuesday	Wednesd	ay Thursday	Friday	Saturday
Did you walk today spec	cifically for exer			l minutes w	alked for exercise		min
		□ 1. 11	25 × 10ta	i iiiiiiutes w	arked for exercise	<u></u>	_ ''''''.
Using the list of physica indicate how long you d							
please specify the activit			ities speem	icany for c	Acreise today that	are not ii.	sied ociow,
Aerobic Dance	min.	Horseshoes		min.	Skating (ice/rolle	er)	min.
_	min.	Jogging/running		min.	Snow skiing		min.
_	min.	Jump roping			Snorkeling		min.
	min.	Lacrosse		min.	Snow shoeing		min.
	min.	Life Circuit weigh		min.	Softball		min.
	min.	Martial Arts		min.	Spinning/cycling		min.
Bowling	min.	Miniature golf		min.	Stairmaster		min.
Calisthenics	min.	Nautilus		min.	Step aerobics		min.
Canoe/Kayaking	min.	Nordic Track		min.	Stretching exerci	ces	min.
Cardio glide	min.	Pilates		min.	Swimming (laps)) .	min.
Cross trainer	min.	Ping pong		min.	Tai Chi		min.
Dancing	min.	Play with kid (act	ive)	min.	Tennis/platform	tennis	min.
Fishing	min.	Punching bag		min.	Ultimate frisbee		min.
Football _	min.	Racquetball		min.	Volleyball		min.
Frisbee	min.	Rafting		min.	Water jogging/ae	erobics	min.
Gardening _	min.	Rock climbing		min.	Water skiing		min.
Golf _	min.	Rollerblading		min.	Weight lifting		min.
Handball	min.	Rowing		min.	Wrestling	-	min.
Hiking	min.	Sailing or paddle	boat	min.	Yoga		min.
Hockey _	min.	Scuba diving		min.	Other		min.
Horseback riding	min.	Shuffleboard		min.	Other		min.
Hunting _	min.	Soccer		min.	Other		min.

Particir	oant ID:		

Date:// 20) Sunda	y Monday Tues	sday Wednesd	ay Thursday	Friday	Saturday				
		· · · · · · · · · · · · · · · · · · ·								
Did you walk today sp	Did you walk today specifically for exercise? □ 0. NO □ 1. YES —>Total minutes walked for exercise min.									
	did the activity.	w, please check any activ If you did any activities s								
Aerobic Dance	min.	Horseshoes	min.	Skating (ice/rolle	er) _	min.				
Backpacking	min.	Jogging/running	min.	Snow skiing	_	min.				
Badminton	min.	Jump roping	min.	Snorkeling	_	min.				
Basketball	min.	Lacrosse	min.	Snow shoeing	_	min.				
Baseball	min.	Life Circuit weights	min.	Softball	_	min.				
Bicycling	min.	Martial Arts	min.	Spinning/cycling	<u>;</u> _	min.				
Bowling	min.	Miniature golf	min.	Stairmaster	_	min.				
Calisthenics	min.	Nautilus	min.	Step aerobics	_	min.				
Canoe/Kayaking	min.	Nordic Track	min.	Stretching exerci	ices _	min.				
Cardio glide	min.	Pilates	min.	Swimming (laps)) _	min.				
Cross trainer	min.	Ping pong	min.	Tai Chi	_	min.				
Dancing	min.	Play with kid (active)	min.	Tennis/platform	tennis _	min.				
Fishing	min.	Punching bag	min.	Ultimate frisbee	_	min.				
Football	min.	Racquetball	min.	Volleyball	_	min.				
Frisbee	min.	Rafting	min.	Water jogging/ae	erobics	min.				
Gardening	min.	Rock climbing	min.	Water skiing	_	min.				
Golf	min.	Rollerblading	min.	Weight lifting	_	min.				
Handball	min.	Rowing	min.	Wrestling	_	min.				
Hiking	min.	Sailing or paddle boat	min.	Yoga	_	min.				
Hockey	min.	Scuba diving	min.	Other		min.				
Horseback riding	min.	Shuffleboard	min.	Other		min.				
Hunting	min.	Soccer	min.	Other		min.				

Participant ID:	
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Date: / / 20_							
	Sunda	y Monday	Tuesday	Wednesd	ay Thursday	Friday	Saturday
Did you walk today spec	cifically for exer			l minutes w	alked for exercise		min
		□ 1. 11	25 × 10ta	i iiiiiiutes w	arked for exercise	<u></u>	_ ''''''.
Using the list of physica indicate how long you d							
please specify the activit			ities speem	icany for c	Acreise today that	are not in	sied ociow,
Aerobic Dance	min.	Horseshoes		min.	Skating (ice/rolle	er)	min.
_	min.	Jogging/running		min.	Snow skiing		min.
_	min.	Jump roping			Snorkeling		min.
	min.	Lacrosse		min.	Snow shoeing		min.
	min.	Life Circuit weigh		min.	Softball		min.
	min.	Martial Arts		min.	Spinning/cycling		min.
Bowling	min.	Miniature golf		min.	Stairmaster		min.
Calisthenics	min.	Nautilus		min.	Step aerobics		min.
Canoe/Kayaking	min.	Nordic Track		min.	Stretching exerci	ces	min.
Cardio glide	min.	Pilates		min.	Swimming (laps)) .	min.
Cross trainer	min.	Ping pong		min.	Tai Chi		min.
Dancing	min.	Play with kid (act	ive)	min.	Tennis/platform	tennis	min.
Fishing	min.	Punching bag		min.	Ultimate frisbee		min.
Football _	min.	Racquetball		min.	Volleyball		min.
Frisbee	min.	Rafting		min.	Water jogging/ae	erobics	min.
Gardening _	min.	Rock climbing		min.	Water skiing		min.
Golf _	min.	Rollerblading		min.	Weight lifting		min.
Handball	min.	Rowing		min.	Wrestling	-	min.
Hiking	min.	Sailing or paddle	boat	min.	Yoga		min.
Hockey _	min.	Scuba diving		min.	Other		min.
Horseback riding	min.	Shuffleboard		min.	Other		min.
Hunting _	min.	Soccer		min.	Other		min.

Participant ID:	
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Date:// 20	Sunda	ıy Monday Tı	uesday Wedi	nesday	Thursday	Friday	Saturday
		<u> </u>					
Did you walk today specia	fically for exer		—>Total minut	tes walke	ed for exercise		min.
Using the list of physical indicate how long you did please specify the activities	I the activity.	If you did any activities					
Aerobic Dance	min.	Horseshoes	mi	n. Ska	ating (ice/rolle	r) _	min.
Backpacking	min.	Jogging/running	mi	n. Sn	ow skiing	_	min.
Badminton	min.	Jump roping	mi	n. Sn	orkeling	_	min.
Basketball	min.	Lacrosse	mi	n. Sn	ow shoeing	_	min.
Baseball	min.	Life Circuit weights	mi	n. So	ftball	_	min.
Bicycling	min.	Martial Arts	mi	n. Sp	inning/cycling	_	min.
Bowling	min.	Miniature golf	mi	n. Sta	irmaster	_	min.
Calisthenics	min.	Nautilus	mi	n. Ste	ep aerobics	_	min.
Canoe/Kayaking	min.	Nordic Track	mi	n. Str	etching exercio	ces _	min.
Cardio glide	min.	Pilates	mi	n. Sw	rimming (laps)	_	min.
Cross trainer	min.	Ping pong	mi	n. Ta	i Chi	_	min.
Dancing	min.	Play with kid (active) mi	n. Te	nnis/platform t	ennis _	min.
Fishing	min.	Punching bag	mi	n. Ult	timate frisbee	_	min.
Football	min.	Racquetball	mi	n. Vo	lleyball	_	min.
Frisbee	min.	Rafting	mi	n. Wa	ater jogging/ae	robics _	min.
Gardening	min.	Rock climbing	mi	n. Wa	ater skiing	_	min.
Golf	min.	Rollerblading	mi	n. We	eight lifting	_	min.
Handball	min.	Rowing	mi	n. Wı	restling	_	min.
Hiking	min.	Sailing or paddle boa	nt mi	n. Yo	ga	_	min.
Hockey	min.	Scuba diving	mi	n. Otl	her		min.
Horseback riding	min.	Shuffleboard	mi	n. Otl	her		min.
Hunting	min.	Soccer	mi	n. Otl	her		min.

Date: / / 20_			_				
	Sunda	y Monday	Tuesday	Wednesd	ay Thursday	Friday	Saturday
Did you walk today specifically for exercise? □ 0. NO □ 1. YES —>Total minutes walked for exercise min.							
Using the list of physical activities below, please check any activities that you did today, and for each activity that you check							
indicate how long you did the activity. If you did any activities specifically for exercise today that are not listed below, please specify the activities after "other."							
Aerobic Dance	min.	Horseshoes		min.	Skating (ice/rolle	r)	min.
_	min.	Jogging/running		min.	Snow skiing		min.
_	min.	Jump roping			Snorkeling		min.
	min.	Lacrosse		min.	Snow shoeing		min.
	min.	Life Circuit weigh		min.	Softball		min.
	min.	Martial Arts		min.	Spinning/cycling		min.
Bowling	min.	Miniature golf		min.	Stairmaster		min.
Calisthenics	min.	Nautilus		min.	Step aerobics		min.
Canoe/Kayaking	min.	Nordic Track		min.	Stretching exerci	ces	min.
Cardio glide	min.	Pilates		min.	Swimming (laps)		min.
Cross trainer	min.	Ping pong		min.	Tai Chi		min.
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Fishing	min.	Punching bag		min.	Ultimate frisbee	-	min.
Football	min.	Racquetball		min.	Volleyball	-	min.
Frisbee	min.	Rafting		min.	Water jogging/ae	robics	min.
Gardening _	min.	Rock climbing		min.	Water skiing		min.
Golf _	min.	Rollerblading		min.	Weight lifting		min.
Handball	min.	Rowing		min.	Wrestling		min.
Hiking _	min.	Sailing or paddle	boat	min.	Yoga		min.
Hockey _	min.	Scuba diving		min.	Other		min.
Horseback riding	min.	Shuffleboard		min.	Other		min.
Hunting _	min.	Soccer		min.	Other	 -	min.

Participant ID:		

Date: / / 20_			_				
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_	min.	Jogging/running		min.	Snow skiing		min.
_	min.	Jump roping			Snorkeling		min.
	min.	Lacrosse		min.	Snow shoeing		min.
	min.	Life Circuit weigh		min.	Softball		min.
	min.	Martial Arts		min.	Spinning/cycling		min.
Bowling	min.	Miniature golf		min.	Stairmaster		min.
Calisthenics	min.	Nautilus		min.	Step aerobics		min.
Canoe/Kayaking	min.	Nordic Track		min.	Stretching exerci	ces	min.
Cardio glide	min.	Pilates		min.	Swimming (laps)		min.
Cross trainer	min.	Ping pong		min.	Tai Chi		min.
Dancing	min.	Play with kid (act	tive)	min.	Tennis/platform t	ennis	min.
Fishing	min.	Punching bag		min.	Ultimate frisbee	-	min.
Football	min.	Racquetball		min.	Volleyball	-	min.
Frisbee	min.	Rafting		min.	Water jogging/ae	robics	min.
Gardening _	min.	Rock climbing		min.	Water skiing		min.
Golf _	min.	Rollerblading		min.	Weight lifting		min.
Handball	min.	Rowing		min.	Wrestling		min.
Hiking _	min.	Sailing or paddle	boat	min.	Yoga		min.
Hockey _	min.	Scuba diving		min.	Other		min.
Horseback riding	min.	Shuffleboard		min.	Other		min.
Hunting _	min.	Soccer		min.	Other	 -	min.