

WALKING DIARY OF _____

DATE	HOUR	STARTING HEART RATE	MINUTES WALKED	ENDING HEART RATE	BORG	COMMENTS

BORG SCALE	
Exertion Required	
0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	Very, very severe (almost maximal)
10	Maximal