

Name: \_\_\_\_\_

## Weight Loss Matters Exercise Diary

Date	Type of activities	Duration	Perceived exertion (0-10)	Notes

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**RPE SCALE**

**What is RPE (rate of perceived exertion)?**

The RPE measures feelings of effort, strain, discomfort, and/or fatigue experienced during aerobic or resistance training. It is *your* perception of how hard you are working. Use RPE to gauge your level of effort during exercise and challenge yourself to work at a higher RPE.

- 0 nothing at all
- 0.5 very, very weak
- 1 very weak
- 2 weak
- 3 moderate
- 4 somewhat strong
- 5 strong
- 6
- 7 very strong
- 8
- 9
- 10 very, very strong
- Maximal