

Daily Health Log

Date: _____

Name: _____

Time	Food/Drinks	Portion

Week No. From Sofa to 5K Plan _____ Session No: _____ Duration: _____

Distance: _____ RPE (1 to 10): _____ Glasses of water: _____

Hours of Sleep:

Quality of Sleep: Good / Disturbed / _____

Mood States:

Tension _____ Anger _____ Fatigue _____ Confusion _____ Depression _____ Vigour _____

Confession Box/Notes:

Notes on filling up the log

S. No	Field	Notes
1	Name	Obviously yours. But provided so that, it can be photocopied and used by others too.
2	Date	Even more obvious.
3	Time	Time of day when you had your meals. The aim being that there should not be long gaps.
4	Food/Drinks	Anything and everything that went into your mouth, including that chewing gum and that smallest sliver of toffee. If you bite it, you write it.
5	Portion	Such as 1 cup, 2 tablespoons, 3 idlis, 4 large pegs etc.
6	Week of From Sofa to 5K Plan/Session no.	The week of From Sofa to 5K. Plan that you are in and the session of the week.
7	Duration	Length of time for which you did the walk/run.
8	Distance	Can be in kms or rounds, laps etc.
9	RPE	Rating of Perceived Exertion as per chart.
10	Water	No. of glasses you had during the day.
11	Hours of sleep	The number of hours that you slept.
12	Quality	Tick mark or fill up the blanks.
13	Mood states	Fill on a scale of 1 to 10 with 1 being desirable and 10 being not desirable.
14	Confession Box/Notes	This is free flowing text and you can write whatever you feel desirable about any aspect of the above items. All data cannot be structured as in the rest of the form and this is the space for you to express yourself in a free flowing manner. Give yourself smileys, if you were good that day.