

Feelings Toward Exercise Log

This log is to track your relationship with exercise in real time. It is imperative you take the time to reflect by writing your feelings and experiences with exercise IMMEDIATELY AFTER you finish.

Please bring this log to your allied health sessions for review and discussion.

The following information may assist to fill in the log:

1. **Date/time**
2. **Exercise completed:** Intensity (% - with 0% = sleeping; 100% = you cannot breathe due to exercising so intensely), duration (mins/hrs/km's), type (running, swimming, etc).
3. **Motivations for exercise:** What made you feel like exercising? Ie. "I felt guilty about eating so much at the party"; "I am stressed because of work demands"; "I HAD to exercise because the ED said so".
4. **Complementing vs taking from overall wellbeing:** Did the exercise **complement** or **take from** the following aspects of your wellbeing?
 - **Physical health:** Exercise should support your overall physical function (ie. support your heart health), not take from it (ie. create further heart complications).
 - **Emotional health:** Exercise should make you feel happy, relaxed and productive, not more upset. It is not emotionally healthy if you exercise because the ED told you to, or because you are worried what may happen if you don't exercise.
 - **Occupational health:** Your occupation is your working job, however so are your daily tasks of living (ie. washing the dishes). Exercise should help you have the energy to achieve occupational health, not make you too tired to do complete work or home tasks.
 - **Intellectual health:** Exercise should support you to study and work more efficiently. It should not affect your intelligence negatively, whereby you cannot concentrate due to being tired, sore, ill or hungry.
 - **Sexual health:** Exercise should help you feel energised and connected with your body, meaning you may feel more at ease with your body or more comfortable with intimacy. It should not make you withdraw from intimacy due to tiredness, soreness, illness or shame.
 - **Spiritual health:** Exercise should help connect your mind and body positively, not create a negative divide by engaging in excessive exercise or punitive exercise.
5. **Food eaten within two hours, before and after exercising:** Ie. "Three almonds, a ham and cheese sandwich and 600mL water".
6. **Observations/comments:** These are things to ask the health professional who you will see at your next session. For example, you may write down, "How much rest do I need between sessions to not feel tired?", or, "Can you help me find a different stress-relief instead of purely exercise?"

Date / Time	Movement Completed 1. 0-100% intensity 2. Duration 3. Type	What were my motivations for exercising just now?	Did it complement my overall wellbeing, or take from it?	Food eaten within two hours before & after exercising	Observations / Comments
EXAMPLE 3 April 17 5.00 am	1. 70% 2. 30min 3. Running	“I felt guilty about eating so much at the party last night. If I didn’t exercise this morning, I would feel terrible about myself all day.”	- <u>Took</u> from my Physical health because I was not recovered yet from yesterday’s session - <u>Improved</u> my emotional health as I knew I had burned calories and felt less guilty, <u>BUT</u> the ED made me do it, so it also <u>took</u> . - <u>Took</u> from occupational health as I was too tired to concentrate properly at work.	3 almonds and an apple 1.5 hours before the run, then dinner 1hr after (100g steak, x3 veggies, handful of white rice).	I noticed I felt dizzy during and after my run. I don’t know why?

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