



MY PHYSICAL EXERCISE SESSIONS

Fill in the boxes, number & rate your workouts. Compare before & after moods to determine your optimum session type.

Date:	Session Name <small>Eg Knobs Hill Run</small>	Difficulty Rating 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> <small>easy moderate hard</small>	Intensity Rating 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> <small>easy moderate hard</small>	Mind Rating Prior 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> <small>bad okay great</small>	Mind Rating After 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> <small>bad okay great</small>	Best overall rated	Time & Distance	Other data
Click or tap to enter a date.		1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>	<input type="checkbox"/>		
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My Notes: