

# Appendix F

Note: The charts in appendix F can be downloaded from the Web site at [www.habitsofhealth.net](http://www.habitsofhealth.net).

## Rate of Perceived Exertion (Borg Scale)

Adapted from Borg, G. V., "Psychological Basis of Perceived Exertion," *Medicine and Science Sports* 14 (1982): 377–81.

## EAT Walking Program Daily Tracking Sheet

### RATE OF PERCEIVED EXERTION

Borg Scale	RPE
0	nothing at all
0.5	very, very light
1	very light
2	light
3	moderate
4	somewhat hard
5 – 6	hard
7 – 8	very hard
9	very, very hard
10	maximum exertion

Day	Warm-Up	Time	Cool-Down	Steps	Miles*	Calories
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						

\*1 mile = 2,000 steps