

Get Moving!

Physical activity can have a positive impact on mood and help relieve stress. For the next week, make a conscious effort to increase your physical activity. Write down all physical activity you do daily, including what type of activity and how long you did it. Rate your mood before you exercise and after you exercise. Challenge yourself to do some type of activity every day. How does physical activity impact your mood?

Date	Mood Before (1-10, with 1 being awful and 10 being great)	Physical Activity (Name of activity, how long)	Mood After (1-10, with 1 being awful and 10 being great)