

Exercise Routine

Daily exercise is important for physical and mental health. What type of activity do you enjoy? What activities fit in your schedule? Indicate what type of physical activity you will do, and include it in your daily schedule. Keep track of your exercise and also take note of how you felt before, during, and after exercising. What exercises are more effective in helping you focus?

Day	Type of Activity	Time of Day	Amount of Time	How Do You Feel Before, During, and After Exercising?