

EXERCISE: A NATURAL HIGH

Use this tracker to record your mood before and after you exercise, and to make a note of what you did and for how long. This can help you identify what works best for you and may give you a big motivational boost to boot!

My Goals for the week:

Mood Scale:

1 2 3 4 5 6 7 8 9 10
 Not depressed Very depressed

Please rate your mood before and after exercise by circling the appropriate number below

| | | |
|--|---|--|
| Mon. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |
| Tue. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |
| Wed. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |
| Thu. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |
| Fri. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |
| Sat. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |
| Sun. <input style="width: 100%; height: 20px;" type="text" value="Date:"/> | Activity: MOOD Before: 1 2 3 4 5 6 7 8 9 10 | Duration: MOOD After: 1 2 3 4 5 6 7 8 9 10 |

Inspiring quote of the week: _____