

EXERCISE LOG

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 Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10
TUE Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10
WED Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10
THU Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10
FRI Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10
SAT Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10
SUN Date: _____	Activity: _____ MOOD Before: 1 2 3 4 5 6 7 8 9 10	Duration: _____ After: 1 2 3 4 5 6 7 8 9 10

Inspiring quote for the week: