

# 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*

<b>MON</b>  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
<b>TUE</b>  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
<b>WED</b>  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
<b>THU</b>  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
<b>FRI</b>  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
<b>SAT</b>  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
<b>SUN</b>  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: