

# 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

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

Inspiring quote of the week: \_\_\_\_\_