## **Activity Journal**

Over the next several weeks, keep track of your activity. If possible, try out a variety of activities you think you might enjoy. After you have engaged in an activity, add information to the chart below. Do you notice any changes in your mood or energy levels after you are active? Are there any activities that are especially enjoyable for you? Which activities are easiest to fit into your busy lifestyle?

Type of activity	When and where did you do the activity? How easy was it to fit it in? (1-10)	How did you feel after you had engaged in the activity?	How much did you enjoy this activity? (1-10)	How likely are you to engage in this activity again? (1-10)