Exercise for Mood Log

This log is to help me keep track of my exercise goals for mood by focusing on the importance of exercise several days a week.

Week Number _____

	Day 1 Date: ____/____	Day 2 Date: ____/____	Day 3 Date: ____/____	Day 4 Date: ____/____	Day 5 Date: ____/____	Day 6 Date: ____/____	Day 7 Date: ____/____
Day of the week							
Exercise completed (✓)	☐	☐	☐	☐	☐	☐	☐
Time of day of exercise							
Type of exercise completed							
Intensity (%HR_{max})							
Duration (minutes)							
Pre-exercise Feelings/Mood							
Post-exercise Feelings/Mood							

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