



Weekly Physical Activity Log



This tool is intended to help you to keep track of your daily physical activity, and how you feel throughout the day. For each day of the week, there is space to record up to three different activities. Write down the number of minutes and the level of intensity of each activity, and make notes about how you felt before and after the activity as indicated.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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Day / Date	Type of Exercise/ Activity	Number of minutes	Intensity level: Low/ Moderate/High	Comments: Energy level, mood, symptoms before vs. after activity
Sun/ 8/3	Walked with friends	60	Moderate	Really tired when we finished, but felt proud for making the effort
Mon/ 8/4	Walked dog	20	Low	Nice day, felt good
	Walked dog	20	Low	End of day, feeling tired but felt better after the walk
Tues/ 8/5	Walked dog	20	Low	Okay, slight headache after
	Yoga class	45	Moderate	Really stressed before class, much better after
Wed/ 8/6	Walked dog	20	Low	Okay
	Elliptical	35	High	
Thurs/ 8/7	Walked dog	20	Low	
	Washed car	30	Moderate	Felt good to accomplish something
Fri/ 8/8	Walked dog	20	Low	
Sat/ 8/9	Walked dog	20	Low	Great
	Housework	60	Low/Moderate	Feeling distracted and kind of sad
	Shopping at mall	50	Low	Tired, kind of down on myself