

## Weekly Physical Activity Log

Your physical health can have a significant impact on your mental health. Regular exercise is a great way to improve your mental health because it affects your body, mind, and social life in many positive ways.

This tool helps you track your daily physical activity. For each day, write down your activities, how long you did them, and how you felt before and after.

Remember, any movement is better than nothing. Begin by setting a realistic and simple goal, such as taking a daily 10-minute walk. Other examples include walking the dog, housework, or biking.

### Track your physical activity every day

Date	Type of activity	Number of minutes	Note your energy level, mood, and symptoms, before and after your activity
4/28	Walking outdoors	15	I was tired and distracted before I started. Felt calmer afterwards.

