UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Weekly Physical Activity Log

www.DepressionToolkit.org

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.

Day / Date	Type of Exercise/ Activity	Number of minutes	Intensity level: Low/ Moderate/High	Comments: Energy level, mood, symptoms before vs. after activity
Sun/	Walked w/friends	60	Med	Really tired when we finished, but felt proud of making the effort.
5/3				
Mon/	Walked dog	20	Low	Nice day, felt good
5/4	Walked dog	20	Low	End of day – feeling tired; felt better after the walk
Tues/	Walked dog	20	Low	Ok; slight headache after (maybe from bright sun)
5/5	Yoga class	45	Low	Really stressed before class; much better after
Wed/	Walked dog	20	Low	Ok
5/6				
Thurs/	Walked dog	20	Low	Can't wake up this morning!
5/7	Washed car	20	Med	Felt good to accomplish something
Fri/	Walked dog	20	Low	Ok/ rushed
5/8				
Sat/	Walked dog	20	Low	great
5/9	Housework	60	Low/med	Feeling distracted and blue
	Shopping/mall	60	Low	Tired, kind of down on myself

SAMPLE

For More Information
University of Michigan Depression Center
800-475-6424 www.depressioncenter.org
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