

Tools for Success: Daily Physical Activity Tracker

Remember, Honesty Counts!

Date	Time	Physical Activity (type and amount)	How long?	Mood Before	Mood After	Exertion (Rate 1 to 10) 1=not at all to 10=extremely strong
4/10/07 EXAMPLE	6 a.m. – 8 a.m. EXAMPLE	Walked my dog around the block	15 min	Irritable	Happy	3
	Morning (5 a.m. – 9 a.m.)					
	Mid/Late Morning (9 a.m. - 12 p.m.)					
	Early-Afternoon (12 p.m. - 2:30 p.m.)					
	Mid-Afternoon (2:30 p.m. - 5 p.m.)					
	Evening (5 p.m. - 8 p.m.)					
	Late Evening (8 p.m. - 12 p.m.)					
	Early Morning (12 p.m. - 5 a.m.)					
Daily Activity						

How did I do today? Great Good So-So There is a lot of Room for Improvement

What is the best physical activity choice I made today? _____

What is one thing I could have done to move more today? _____

My physical activity goal for tomorrow is: _____