

## Physical Activity Log

### Part A (45 points)

For 3 days, keep a log of your physical activity using the table below. Remember that physical activity doesn't have to be formal or strenuous exercise. Walking the dog, practicing a musical instrument, playing video games, or raking leaves—anything that gets your body moving—counts as a form of physical activity. (3 points per box)

	Day 1	Day 2	Day 3
Activity			
Duration (in minutes or hours)			
Intensity (low/medium/high)			
Mood before activity/ Mood after activity			
Activity			
Duration (in minutes or hours)			
Intensity (low/medium/high)			
Mood before activity/ Mood after activity			
Activity			
Duration (in minutes or hours)			
Intensity (low/medium/high)			
Mood before activity/ Mood after activity			

	Day 1	Day 2	Day 3
Activity			
Duration (in minutes or hours)			
Intensity (low/medium/high)			
Mood before activity/ Mood after activity			
Activity			
Duration (in minutes or hours)			
Intensity (low/medium/high)			
Mood before activity/ Mood after activity			

### Part B (45 points)

Review the data you recorded in Part A to look for patterns. In a paragraph, describe the relationship between your physical activity and your mood. What type of activity worked best to improve your mood? Use specific examples from the data you collected in Part A to support your answer. Write your answer in complete sentences using correct grammar, punctuation, and spelling.

**Part C (10 points)**

Based on your analysis in Part B, write a physical activity “prescription” for your own optimal psychological health. Consider 1) the kind(s) of physical activity, 2) how long you need to engage in the activity or activities, and 3) the intensity with which you need to do each one to experience an improvement in mood. Then, fill in the template below. (2.5 points per blank)

For optimal psychological health, I should do \_\_\_\_\_ for \_\_\_\_\_ minutes  
\_\_\_\_\_ times per week at a \_\_\_\_\_ level of intensity.