

Daily Activity Tracker

Physical activity is a powerful tool to enhance your mood, energy, and overall sense of wellness. Regular movement supports your brain's ability to rewire itself (neuroplasticity), boosts motivation, and can play a key role in your recovery journey.

This tracker will help you explore how different activities affect your mood and energy levels so that you can discover what works best for you. Use it daily to identify patterns and incorporate these behaviors into your everyday life.

How to Use this Tracker

1. Each day, plan your activities in advance or record them as you go.
2. Before starting each activity, take a moment to assess your mood and energy level on a scale from 1 (low) to 10 (high).
3. After completing the activity, reassess your mood and energy levels.
4. Add any notes or reflections about how the activity made you feel.
5. At the end of each week, use the reflection section to review what worked well and plan for the next week.

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Weekly Reflection

At the end of each week, answer the following questions to track your progress and plan for success:

1. What activities improved your mood the most?
2. What activities improved your energy the most?
3. Did you notice any patterns in how different activities affected you?
4. What activities will you prioritize next week?

Tips for Incorporating Physical Activity

- Start small: Aim for 10–15 minutes of movement and gradually increase as you feel comfortable.
- Make it enjoyable: Choose activities that you genuinely like, whether it's dancing, swimming, or a leisurely walk.
- Be consistent: Even a little bit of movement every day can make a big difference over time.
- Pair it with something you love: Listen to music, podcasts, or an audiobook while being active. Sometimes physical movement can simply be a positive byproduct of engaging with something else you love.