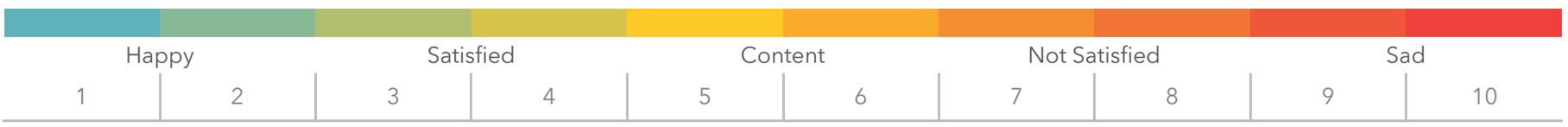


Physical Activity Log



	Time	Date	Mood (see scale above)	Aerobic Exercises Performed	Strength Exercises Performed	Notes
Day 1	Start: Stop:					
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						