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/				
Mon/				
Tues/				
Wed/				
Thurs/				
Fri/				
Sat/				

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