

**Health and Wellbeing Lesson 4 – Exercise-Mood Chart**

<i>Day</i>	<i>Activity</i>	<i>Time/Distance</i>	<i>How I felt</i>	<i>Was there a change in my mood from before exercising to after? Yes/No</i>

Moods:

- Happy
- Excited
- Motivated
- Tired
- Sad
- Anxious/Worried

If there are any other emotions you experience after you exercise, you can add these in!

You can also add more than one emotion