**Mental Health Benefits of Exercise**

It has been proven that exercise can have a positive impact on our emotional well-being and happiness.

Please complete an exercise log for this week. Exercise could include:

* Fitness activities indoors
* Walking, jogging, cycling
* Playing sport (for example kicking a ball)
* Gardening
* Spending time outside doing an activity (for example bouncing on a trampoline)

Consider how it made you feel when you completed an activity.

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| Day | Duration | Activity | How you felt before activity | How you felt after activity |
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\*Duration: How long you did the activity for

\*How you felt before activity: Worried, sad, tired, happy, fine

\*How you felt after the activity: The same, excited, happy, awake, energetic, tired