



## Goetze's Super Simple Activity Journal

Keeping an activity journal is a great way to track the activities you do each day. It's meant to help improve your physical fitness, and therefore your overall health and wellbeing. Often, we're too busy to notice the correlations between what we do and how we feel, but an activity journal could help to connect the dots a lot better.

It's not necessary to document every single little thing you do each day, but to properly do this it's important to keep track of certain things like:

- 🍭 The date and time
- 🍭 The activity
- 🍭 How long you did it
- 🍭 Where you were
- 🍭 How you felt before and after

It might sound silly to keep track of how you felt, because it could help you recognize that certain activities are more suitable for you than others. Our bodies are all different and just because one person works out one way, it doesn't mean we all should.

We took the liberty of leaving a couple of blank columns just incase you're interested in keeping track of anything else. For example, you could keep track of your mood or how you are feeling emotionally. This could prove helpful if you've been feeling a little stressed out. By simply jotting down how you feel before and after the workout, you can see if certain activities relax you.

Example entry on following page.

So what does an activity journal entry tell me? The example shows only a few days, but even this limited information can help you better understand a few things like:

- 🍭 That you tend to feel better (at least not worse) after doing a physical activity
- 🍭 That you feel more alert in the morning when doing some type of cardio
- 🍭 That activities during the evening help you relax before bed

By looking at the entries, you can see certain correlations and understand why your body feels that way that it does. For example, you could make the assumption that if you missed your morning workout, you might feel a little more tired throughout the day.



**Example Exercise Journal Entry:**

Date	Activity	Time	Duration	Place	Physical Before	Physical After	Emotional Before	Emotional After
May 1	Walked	6:45 am	30 min	Outside	Okay	Good	Okay	Good
May 1	Played at park	6:00 pm	45 min	Outside - Park	Good	Good	Good	Great
May 2	Sit-ups	7:15 am	Few Min	Home	Tired	Tired	Okay	Okay
May 2	Jogged	7:00 am	30 min	Outside	Tired	Alert - Awake	Drained - Stressed	Happy
May 3	Yoga	7:00 am	20 Min	Home	Tired	Sore	Drained - Stressed	Drained - Stressed
May 3	Swam	5:30 pm	1 hour	Pool	Okay	Tired	Okay	Good
May 4	Played Wii	6:00 pm	2 hours	Home	Good	Tired - Sore	Good	Good
May 5	Jogged	6:45 am	45 min	Outside	Tired	Great	Okay	Great
May 6	Walked	6:45 am	20 min	Outside	Okay	Good	Anxious	Good
May 6	Played Frisbee Golf	5:45 pm	45 min	Outside - Park	Okay	Okay	Okay	Good
May 7	Swam	5:30 pm	1 hour	Pool	Okay	Relaxed - Good	Okay	Great
May 8	Danced	8:00 pm	1.5 hours	Party	Good	Tired	Good	Good
May 9	Hiked	10:00 am	2 hours	Woods	Good	Tired	Good	Great
May 10	Aerobics Exercises	6:00 pm	45 min	Gym	Good	Tired	Okay	Good
May 11	Sit-ups	7:00 am	Few Min	Apartment	Tired	Sore - Good	Drained - Stressed	Drained - Stressed
May 11	Walked	5:45 pm	1 hour	Outside	Okay	Tired - Good	Okay	Good