

My Exercise Plan

Studies show exercise can help lift depressive moods. Let's make an exercise plan. List three exercises you would be willing to try this week. (Walking, gym, basketball, frisbee, running, yoga, dance, weights)

- 1.
- 2.
- 3.

Schedule when you will do them:

Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week Three

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week Four

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

What strategies will you use to get you through?

- Go with a friend.
- Set a schedule.
- Set a goal to earn a treat or reward. (Walk 10,000 steps, Exercise 3 times this week)
- Program my phone or fitbit with reminders.
- Have someone hold me accountable.

