



Sleep and Physical Activity Journal

A good night's sleep is key to having the energy to move each day. Getting 7 to 9 hours of good quality sleep each night and at least 150 minutes of moderate to vigorous physical activity each week can help you manage stress, increase your productivity and stabilize your mood.

Try tracking your sleep and physical activity this week to see how getting adequate rest and activity can make you feel better. Each day of the week, rate your mood and energy level and track how many hours of sleep and physical activity you get (hint: the more sleep and physical activity you get, the better your energy and mood will be).



	Last night I slept ___ hrs	Today I moved my body for ___ mins/hrs	My mood today	My energy level today	Notes
Monday			☹️ 😐 😊	👟 👟 👟	
Tuesday			☹️ 😐 😊	👟 👟 👟	
Wednesday			☹️ 😐 😊	👟 👟 👟	
Thursday			☹️ 😐 😊	👟 👟 👟	
Friday			☹️ 😐 😊	👟 👟 👟	
Saturday			☹️ 😐 😊	👟 👟 👟	
Sunday			☹️ 😐 😊	👟 👟 👟	