

# Mood and Activity Diary

**This diary can be used to track your physical activity and exercise, as well as your mood.** This can then be reflected upon by yourself, or in collaboration with someone you trust such as a health care provider. It can be helpful to see if activity has an immediate impact on your mood, and to see what different types of activity you are currently doing to build upon.

Try completing this diary for a week. Track all physical activity & exercise in your day. Also track your mood before and after activity, and on days that you do not do any activity.

**Example Activity:** Walked the dog in Pacific Spirit Park. **Time**—10am. **Duration**—45minutes. **Intensity**—moderate. It may also be helpful to makes notes about whether you enjoyed this activity or not.

**For intensity:** consider *light* (some effort required, heart rate and breathing may increase slightly), *moderate* (effort required, heart rate and breathing increases) and *vigorous* (a high amount of effort required, out of breath, sweating) levels.

**For your mood:** use a scale of 1-10. 1 being extremely low mood, and 10 extremely high or good mood. It can also help to make any notes about your energy levels.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mood Before							
 Activity							
 Time							
 Duration							
 Intensity							
 Mood After							



- This can be left in a place that you will see every day as a reminder to fill it out (e.g. put it on your fridge, or on your night table)
- Choose a place that you will see often
- Ideally you can fill it out throughout the day, but if you are not able to do this try filling it out at the same time each day (e.g. every evening before you go to bed reflect on your day and complete the diary)

# SMART Goal Setting

**Setting goals is important for any behaviour.** This helps you to track progress, and reflect on what helps you achieve what you want. SMART goal setting is a technique to help set goals that you can achieve, and to help guide your goal setting related to physical activity and exercise.

- S Specific:** Be clear and definitive in what you want to achieve, rather than vague. For example, saying you want to “move more” in a week is not specific. Saying that you want to attend two fitness classes with a trainer for 30 minute sessions in a week is.
- M Measureable:** You should be able to track whether you have met your goals or not.
- A Action Oriented:** Your goals should be set around actions and behaviours that you can control, rather than thoughts and feelings. Goals should also be adjustable, so you can make changes as necessary with your progress.
- R Realistic:** Your goals should be realistic and attainable. This will be different for each person, and should be set around where you are at right now and what is manageable. Your current fitness and activity levels should be considered when setting a realistic goal.
- T Timely:** Your goal should have a time frame for when you hope to achieve it by, or an end date. Committing to a deadline can help you stay focused and on track.

## Examples of SMART goals



*I will attend two 30 minute aerobic fitness classes at my community centre in the next week.*



*I will go for one 30 minute walk around my neighborhood and one 30 minute bike ride every week for one month.*

### My goal(s) for the week:

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### My goal(s) for the month:

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- This can be left in a place where you will see it every day as a reminder and for motivation (e.g. put it on your fridge, or on your night table)
- Choose a place that you will see often
- You can share it with family, friends or a health care provider to help keep you accountable
- Reward yourself when you achieve your goals (e.g. go to your favourite restaurant, do something that relaxes you like take a bath or watch your favourite TV show/movie, get yourself new exercise clothes)
- Once you achieve your goals, go through the process again and set new ones

# Weekly Schedule

**It can be helpful to make an action plan for what physical activity and exercise you want to do in a week.**

It can be helpful to schedule it into your calendar to help with accountability, and to help you plan your day accordingly.

There are many different ways you can achieve the CANMAT recommended 'dose'. The best 'dose' is individual. Choose what you enjoy and will do! Below are two different examples of weekly schedules.

You should create yours based on where your activity levels are at now. For example, if you are currently not active, plan to start with one activity per week such as a brisk walk.

 **Example Schedule 1: Less structured or supervised**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Brisk walk 20-30 mins 1pm			Aerobics class 45 mins at community centre 6pm		Bike ride 45 mins 3pm

 **Example Schedule 2: More structured or supervised**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group fitness class 1 hour with personal trainer 1pm		Group fitness class 1 hour with personal trainer 1pm			Swim laps 30 mins 12pm

## Your Planned Schedule:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity Type							
Duration							
Time of Day							



- This should be used for planning your weekly schedule *ahead of time*
- The Mood and Activity Diary (handout #2) can then be used to record what activities you do, and how you feel after them

# Individuals with Lived Experience

**When creating this toolkit, we spoke to Canadians with lived experience with depression.**

Below are quotes from some of these adults about their experiences with physical activity and exercise. These can be used for motivation, or to help you relate to others who have experienced depression.

Exercise for me personally brought me out of depression—**exercise by itself.** I believe in it.

*Male, age 49*

I think exercise is a great way to help with depression. I find getting out and getting light, and I guess meditating, and the fresh air helps.

And once you get out, you just feel better that you've done something worth feeling better, almost better than medication in a lot of ways. I would just use it alone as a treatment for depression. I find that medication has a lot of poor side effects and it's not easy to take every day for a lot of people including myself.

*Female, age 33*

I was teaching a class at a college and they [an exercise specialist] suggested I could walk part way or walk home and when I did that, I felt wonderful.

I prefer that method [exercise] of dealing with depression. I think it's wonderful, because it's good for your mind, it's good for your body, it's good for your everything. It helps you have a better attitude. I think it should be used more. And I'm really happy to hear that they're talking about this to treat depression. Because I know I definitely feel better after I exercise.

*Female, age 64*

I think exercise is a key to... alleviating depression and getting people feeling better if it is done over a long term."

*Female, age 56*

When I did exercise I noticed I was improving my health and everything. Just everything that I would do, activities. I was just better in my life. It helped me out. Not being lazy. It just got me out it—of my mood.

[Exercise improves] sleep, and my mood and just makes me think clearly. It helps me out because I noticed when I didn't play soccer or I didn't do any exercise I tend to fall back to that depression.

*Male, age 32*



- This can help you start thinking about exercise and how it might fit into your life
- Consider if you have had any similar positive experiences with exercise or physical activity
- List any positive benefits you see when others you know have done exercise or that you see in yourself when you engage in exercise

# Positive Statements

**Making positive statements and repeating them to yourself about engaging in physical activity and exercise can help you avoid negative thinking and thoughts around “I can’t...”.** This is a great opportunity to reinforce your SMART goals and your action plan.

Example statements:

*I will try one group class at my local community centre and one walk next week to see what type of exercise I prefer.*

*I am committed to going for a walk, and going to one group fitness class at the YMCA weekly.*

*I am strongly committed to swimming laps once weekly, and going for a bike ride twice weekly for the next six weeks.*

Write your own positive statements related to physical activity or exercise in the blank space provided below. Treat this as a commitment to yourself and sign and date it. This can help to motivate you and remind you of what you want to achieve.

## Positive Statement #1:

## Positive Statement #2:

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_



- Repeat the statements to yourself at the same time every day (e.g. when you wake up in the morning or before going to bed)
- Using “I” statements and other strong words like “strongly” “will” and “commit” can help
- This can be kept for yourself, and put in a safe place at home or work
- This can also be given to someone you trust such as a friend, partner or health care provider to help you stay committed