

Act-Belong-Commit Mood Diary

This Act-Belong-Commit Mood Diary will help you reflect on your mood before and after your act, belong and commit activities. Record the activities and your mood over a week and then take some time to look over the diary and see how living an active lifestyle affected your mood. You can note how much enjoyment you gained from the activity, how it felt to clear your head and unwind, whether you felt a sense of accomplishment or how you felt after spending time with friends.

Some examples of activities can be:

- Catch up with a friend while going for a walk
- Join an after school team/club
- Take the dog for a run or play outside
- Help Mum clean the house
- Help your sibling with their homework
- Organise a group of friends to go bowling

Day and time	Mood before activity Rate your emotions on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you feel.	Activity What was the activity? Who it was it with? Where you did it? For how long? Tick which domain the activity was in (it can be one or all three). Turn over for some activity ideas	Activity			Mood after activity Rate your emotions again on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you are feeling after being active.
			Act	Belong	Commit	



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Department of Sport and Recreation

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