

Mood Diary

This mood diary will help you reflect on your mood before and after your act, belong and commit to activities you do throughout the week. Record the activities and your mood, and then take some time to look over the diary to see how living an active lifestyle affected your mood.

You can note things like 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.



Mentally Healthy WA

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.	Act	Belong	Commit	Activity What was the activity? Who was it with? For how long? Tick which domain the activity was in (it can be one or all three).	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.

Some examples of activities can be:



Go for a walk with a friend



Get out in nature



Join a new group or club



Connect with family and friends



Volunteer for a cause you care about



Learn something new and challenge yourself

For more information, tips and inspiration visit: actbelongcommit.org.au

- Explore our **Activity Finder** to find local activities that interest you. You can search by date, location and activity type!
- Take our **Mental Wellbeing Quiz** to rate your involvement in mentally healthy activities.

