

NAME..... DATE.....



This chart helps you compare how you feel before and after doing exercise or practicing deep breathing.

Circle the activity you will do.	Circle how you feel before doing the activity.	Circle how you feel after doing the activity.	Did the activity help you? If so, tell how it helped.
<p>Exercise</p> <p>Deep Breathing</p> <p>Date:</p>	<p>tired bored peppy</p> <p>relaxed interested</p> <p>anxious confused</p> <p>calm panicked</p> <p>stomach ache</p> <p>headache sweaty</p> <p>dizzy focused</p> <p>other:</p>	<p>tired bored peppy</p> <p>relaxed interested</p> <p>anxious confused</p> <p>calm panicked</p> <p>stomach ache</p> <p>headache sweaty</p> <p>dizzy focused</p> <p>other:</p>	<p>Yes No</p> <p>How did it help?</p>
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