## **Keeping Track of Thoughts**

Week of: \_\_\_\_\_

| Instructions: Please use this card to record the number of times you "think" about doing some physical activity. Simply place a check mark in a box in the right hand column in section 1. If you actually carried out your thoughts and did the activity that you were thinking about, place a check mark in a box in the right column in section 2. |  |
|---|--|
| Keeping track of your thoughts and feelings can help you start moving toward a nore active lifestyle.   |  |
| 1. You told yourself to go perform some activity.   |  |
| 2. You actually carried out your thoughts and did the activity.   |  |