

Week 5: Exercise

+

POSITIVITY



101

Day 1: Evaluate

Exercise is more important for our mental health than we may think.

Steps

- Get a writing utensil and something to write on. Set a silent timer for 1 minute.
- Think about how much you exercise at this point. Do you exercise regularly? For how long do you exercise?
- Reflect on the last time you exercised and enjoyed it. What were some factors that made you enjoy it? What parts of it did you enjoy?



Day 2: Goals

Steps

- Get a writing utensil and something to write on. Set a silent timer for 1 minute.
- Make a goal to do 20 minutes high intensity exercise today. Write down when, where, and how you will achieve this goal.
 - "high intensity" may be subjective to each person. as long as your heart rate increases substantially, it's considered high intensity.
- Reflect on the last time you exercised and enjoyed it. What were some factors that made you enjoy it? What parts of it did you enjoy?



Day 3: Check In

Steps

- Take out a writing utensil and paper. Set a silent timer for 3 minutes
- Reflect on these questions: did you do the 20 minutes of exercise? how did you feel before and after?
- Make a plan for exercising. Try to fit in a minimum of 20 minutes everyday.
- Save this plan for Day 5.



Day 4: The Science Behind

Steps

- Take out a writing utensil and something to write on. Set a silent timer for 3 minutes
- Go to positivity101.org. Click on blogs and then “[Mindful Workouts: Mental Health Benefits of Exercise](#)”
- Read the article and write down something you learned.



Day 5: Affirmation

Steps

- Take out your paper from Day 3. Set a silent timer for 1 minute.
- Read over your exercise plan.
- At the top of your paper, write: “I, _(your name)_, will try my absolute best to follow this plan and ensure my personal wellbeing.”

