## **Getting Active Homework Sheet**

- Practice your Getting Active skills at least 3-5 times this week
- Practice your skills for 10 minutes
- Remember to rate how you feel before and after you practice your Getting Active skill
- Remember you can also practice any time during the week when you feel down.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I felt:						
I did:						
Rating (0-10) before Getting Active:						
Rating (0-10) after Getting Active:						