

If you're in a place where you can move freely, try running in place or jumping an imaginary rope for two or three minutes. You'll be amazed at how clear-headed you feel afterward.

## EXERCISE/PERFORMANCE MONITORING CHART

One of the great things about exercise is that it works immediately. As soon as you start exercising regularly, you'll feel the effects — more energy, more positive feelings and less tension. Those three things should have a noticeable effect on your performance.

You can use this chart to monitor how exercise makes you feel and perform each day.

**For each question, rate yourself on a scale of 1-3.**  
**1 = below average, 2 = average, 3 = above average.**

Week of:

Sun. Mon. Tue. Wed. Thur. Fri. Sat.

How hard did I exercise today?							
Was it fun?							
What was my energy level before exercise?							
What was it after exercise?							
What was my mood before exercise?							
What was it after exercise?							
What was my stress level before exercise?							
What was it after exercise?							
How was my overall performance today?							