

# TheMentalHealthGym

PROMOTING ACHIEVEMENT & HAPPINESS THROUGH MENTAL FITNESS

## Exercise Card

Name \_\_\_\_\_

Behavior Change \_\_\_\_\_

Frequency of Workouts \_\_\_\_\_

Impediments \_\_\_\_\_

Personal Benefit \_\_\_\_\_

Date	Activity	Result
_____	_____	_____
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*Remember to make your activities manageable and meaningful so that they can go right and build emotional muscle on the way to achieving some victories. Copy this page for each behavior that you want to change.*