



[Stress Reliever Project](#)

Stress Management Plan Log

While working on this exercise I felt free and felt like I didn't have a care in the world. What I enjoyed the most while doing was scoring a basket. The least I enjoyed the most was the playing defense also I hate losing. The most challenging thing was finding time to get to the gym after school.

Date of Activity **Time of Activity** **Location**

Notes: In this box, write out notes about your activity. How did you feel before you did the activity? After? What emotions were you having? How were you feeling physically? Any other comments? Include heart rate before AND after you practice.

- | | | | | |
|---|---------|-----------------|-----------------|---|
| 1 | 2/7/17 | 5:00pm-6:30 pm | 24 hour fitness | Before the activity I was stressed from school. After i felt relieved and relaxed. My emotions were more in a chill mode. Physically I was tired and didn't feel like moving.
Initial BPM: <u> 63 </u> Post BPM: 55 <u> </u> |
| 2 | 2/8/17 | 3:00 pm 5:00 pm | 24 hour fitness | Before the activity I was mentally exhausted from school . Once again i felt more relieved and relaxed. My emotions after was more of I didn't care about anything I was happy. Physically I felt more in shape .
Initial BPM: <u> 64 </u> Post BPM: 56 <u> </u> |
| 3 | 2/9/17 | 5:15pm-6:15pm | 24 hour fitness | Before the work out mentally I was ready to give up on school because things were getting tough. After the workout I felt like I could do all my school work and graduate. My emotion were under control and I had a smile on my face. Physically I felt stronger.
Initial BPM: <u> 65 </u> Post BPM: 57 <u> </u> |
| 4 | 2/10/17 | 5:30pm-8:00pm | 24 hour fitness | Before the workout mentally I was stressed still about my school work. After the workout I forgot about all of my problems . My emotions were calm and composed after. Physically I was tired and fatigue from the long workout.
Initial BPM: <u> 65 </u> Post BPM: 55 <u> </u> |
| 5 | 2/11/17 | 5:30pm-8:00 pm | 24 hour fitness | Before the workout mentally I was exhausted and ready to quit. After the workout I was feeling free. My emotions was happy and chill. Physically I couldn't feel my legs but I felt good after.
Initial BPM:63Post BPM:55
Initial BPM: <u> </u> Post BPM: <u> </u> |