Ten-Minute Outdoor Walk Activity Tracker

Spending time outdoors has been shown to elevate mood and increase productivity and energy. Pay attention to your mood, productivity, and energy during the day, and when you notice they start to decline, go for a 10-minute walk in nature. For the next week, use the included tracker to rate each area before your walk, then rate each area again within 30 minutes of your return to your task.

The intention of the walk is to give your brain an opportunity to slow down and take a short timeout from the fast-paced/auto-pilot approach that is typically part of a workday. Keep the following in mind:

- This walk will take place without any technology or people distractions. It's just you and nature.
- Slow your pace. It doesn't matter how far you walk.
- Breathe with purpose. Your inhale should be shorter than your exhale to spark relaxation and quiet the mind.
- Use one of your senses to notice the nature that is all around you.
    - What do you see?
    - What do you hear?
    - What do you feel?
    - Try to notice the parts of nature you would ordinarily have missed.

When you return, take a few more breaths as you sip some water and notice how you feel. Take a moment to identify one or two things you need to accomplish or deserve your attention, and start there.

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After seven days, look for themes in what you tracked pre- and post-walk for mood, productivity, and energy. Pay attention to the time of day—did you experience declines around the same time each day? Are you seeing improved moods and increased productivity and energy levels post-walk? Add some thoughts on what you notice and how you can leverage this information moving forward:

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Pre- and Post-Walk Tracker

For seven days, track your mood, productivity, and energy **before and after** your nature walk.

- Mood: Select the mood category that best describes how you're feeling.
- Productivity/Energy: Rank how productive/energized you're feeling. (1 = least, 5 = most)

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Date:														
Time:	Pre: ____	Post: ____	Pre: ____	Post: ____	Pre: ____	Post: ____	Pre: ____	Post: ____	Pre: ____	Post: ____	Pre: ____	Post: ____	Pre: ____	Post: ____
Mood														
Sad Lonely Depressed Insecure	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sick Tired Bored Lazy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Angry Anxious Frustrated Annoyed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Normal Fine Okay	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Happy Content Relaxed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Productivity														
1 – 5														
Energy														
1 – 5														

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