**Introduction**

The purpose of this experiment was to learn whether exercise would affect how productive I felt in a day. I hypothesized that even 30 minutes of any exercise would make me feel more productive about my day.

**Methods**

Within a span of one week, I engaged in physical activity on three distinct days, dedicating a minimum of 45 minutes each time. I made sure to try and keep the variables surrounding the exercise the same by going around the same time to the same place for the same activity. I diligently noted my mood levels every night before going to sleep on a scale ranging from 1 to 7. On 2 days the data was recorded with a 12 hour lag (the next morning). These evaluations were gathered via an online questionnaire, allowing me to determine the level of productivity on the days following my exercise sessions and on the days without any physical activity.

**Results**

On days I didn't exercise how productive I felt was at a 4, as compared to on the days I did the score was at 5.67.

**Discussion**

The results from my experiment seem to indicate a noticeable improvement in my feelings of productivity on the days when I engaged in physical activity. This supports my initial hypothesis that even a brief duration of exercise, in this case, 45 minutes, can positively influence my perception of daily productivity. The increment from a productivity feeling of 4 to 5.67, although not drastic, is still significant enough to warrant the potential benefits of consistent exercise.

However, it's important to consider several confounding variables that may have influenced these outcomes. For instance, the quality and duration of my sleep and whether I went out with my friends or stayed in and studied on particular days might have impacted how productive I felt.

In conclusion, while there seems to be a positive correlation between exercise and feelings of productivity based on my results, it's evident that numerous variables can influence this relationship. Future directions could include a more extended study period, inclusion of more participants for a varied dataset, or even exploring the impact of different types of exercises on perceived productivity. On a personal level, recognizing the potential benefits of exercise, I plan to maintain a consistent workout routine and further observe its long-term effects on my daily efficiency.