

ACTIVITY SCHEDULE

Note in the box: What you did (a brief description), one word describing your Mood, rate the intensity of your mood on a scale of 0 – 100%, your sense of Achievement for the activity on a scale of 0-10 (A0 – 10) your sense of Closeness to others (C0 – 10), and sense of Enjoyment (E 0-10). Example: Watching TV with son, Sad 60%, A0, C7, E4 . An activity may be sitting down, or lying in bed, not only washing dishes, walking etc.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 to 9 am							
9 to 10							
10 to 11							
11 to 12 pm							
12 to 1							
1 to 2							
2 to 3							
3 to 4							
4 to 5							
5 to 6							
6 to 7							
7 to 8							
8 to 10							
10 to 12 am							

After completing the diary, you might notice patterns in your mood variations, and how particular activities affect your mood. You will then be able to plan a more healthy range of activities which give you a sense of Achievement, Enjoyment and Closeness (using another blank form).