



ACE Log

The ACE Log stands for **Achievement**, **Closeness** and **Enjoyment**. We know that our mood can be greatly affected by what we do, when we do it, and who we are with. Keeping track of this daily gives you a sense of Achievement, Closeness to others and Enjoyment. Use this log to record the day, date, time, and activity. You then rate your sense of Achievement, Closeness and Enjoyment on a scale of 0 (none) – 10 (optimal) or tick the relevant ACE columns.

Day Date Time	Activity – what you did, who you were with	Achievement	Closeness	Enjoyment
<i>Example: Friday 8am</i>	<i>Playing computer after shower and breakfast.</i>	<i>1</i>	<i>1</i>	<i>8</i>
<i>Example: Monday 6pm</i>	<i>Phoned friend for a chat.</i>	<i>5</i>	<i>9</i>	<i>8</i>