

WEEKLY ACTIVITY SCHEDULE FOR BEHAVIOURAL ACTIVATION

Name: _____

Week: _____

Rate either the 'Pleasure' or 'Mastery/Accomplishment' you think you will feel before as well as after each activity.

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