

Behaviour Activation – Activity Log



Print two of these sheets.

The first sheet is to record what you do for a week.

The second sheet is for you to plan the following week after you have looked for patterns and opportunities for a little pleasure or achievement.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
before – 8 am							
8 – 11 am							
11 – 2 pm							
2 – 5 pm							
5 – 8 pm							
8 – 11 pm							
After 11pm							

** for each block, score any sense of pleasure (out of 5)

** for each block, score any sense of achievement (out of 5)

** for future pages, note any changes in these scores over the course of any day. --- if so, ask yourself “Why”?