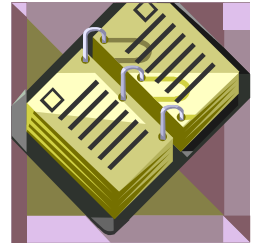


ACTIVITY SCHEDULE

Week beginning (date)



If your mood is low and depressed, one of the most important strategies is to plan some enjoyable and fulfilling activities every day. You can use this schedule to plan and/or record what you do during the week. Try to ensure that you include both things that give you *pleasure* and those that bring a sense of *achievement* – these can be small things that don't demand too much time or energy, e.g. making breakfast, writing a letter, going for a walk.

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

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

Week review: What did I like / appreciate about this week?.....

What would I like to do differently next week?.....