

Activity Schedule

The activity schedule template provides a diary for clients to schedule their day-to-day activities on an hourly basis. Because depression is likely to affect a person's motivation levels, even scheduling basic daily tasks can help them to get going. Below are a number of ways in which the activity schedule can be used to help clients:

- Re-starting basic daily activities such as showering, eating regularly, and exercising.
- Documenting baseline activity levels which can be reviewed in future weeks to track progress (activities can be highlighted each day if completed).
- Gradually introducing activities that a person has been avoiding, (e.g. social engagements).

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							

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