

Activity Scheduling

This worksheet allows you to set and commit time to pleasurable activities each day, which improves your mood.

Use the following table to plan times to perform each mood-enhancing activity. After completing each one, mark it as complete and capture the mood (where 0 is a low mood and 10 is a good mood).

Through planning, you are more likely to make time for activities and ensure they occur while tracking how successful these activities are in improving the mood (Beck, 2011).

References

- Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond*. New York: The Guilford Press.

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Time	Activity	Completed	Mood Rating (0-10)
8pm	For example, go to the cinema with friends		8
5-7am			
7am			
8am			
9am			
10am			
11am			
12am			
1pm			



2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									
9pm									
10pm									
11pm+									