

Tracking Activities and Mood

Tracking activities and accompanying moods is a valuable part of the process of behavioral activation and often present in CBT treatments (Beck, 2011).

Use the following table to capture the activities engaged in and the mood over seven days.

Complete the following tracker by recording activities and feelings, where 0 is a low mood and 10 is a good mood.

While tracking activity will not fix depression, it can help to identify activities that make one feel better (Beck, 2011).

References

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

Dr. Jeremy Sutton



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