

Activity Log

In each box, please fill out what you did, a word to describe your mood, the intensity of your mood from 0-10, the sense of **achievement** you experienced from doing that activity (0-10), how **connected** you felt to the people around you (0-10), and the extent to which you **enjoyed** yourself (0-10).

For example: Playing basketball with family: Relaxed- 9, A-6, C-10, E-8

Day/Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10 am							
10 -12 pm							
12-2 pm							
2-4 pm							
4-6 pm							
6-8 pm							
8-10 pm							

In recording your daily activities, you will begin to notice which activities make you feel the best, and which cause distress. In so doing, you are able to be intentional in selecting activities that will give you a better sense of achievement, connection to others, and enjoyment.