

Weekly Activity Planner							
	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<b>Morning</b>							
6am – 8am							
8am – 10am							
10am – 12noon							
<b>Afternoon</b>							
12noon – 2pm							
2pm – 4pm							
4pm – 6pm							
<b>Evening</b>							
6pm – 8pm							
8pm – 10pm							
10pm – 12 midnight							
12midnight – 2am							
Rate your mood today on a scale of 0-5 (0=bad, 5=excellent)							

- Write (P) or (A) next to each activity to indicate pleasure or achievement
- Rate pleasure activities: 1 (minimal pleasure) to 10 (highly pleasurable)
- Rate achievement activities: 1 (minimal sense of achievement) to 10 (great sense of achievement)

