



ACTIVITY SCHEDULING

We know that certain activities have antidepressant qualities. We want to ensure that these activities are represented in some form each day to ensure that your mood is supported. Please note down a few activities for each of the below categories.

Pleasurable activities:

Activities that accomplish something:

Overcoming avoidance – activities that I have been avoiding:

Activities that fit with my values:

ACTIVITY SCHEDULING

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

ACTIVITY SCHEDULING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-10pm							
10pm-11pm							