**Behavioral Activation Activity Planning**

Part of feeling good is about planning and carrying out activities that we enjoy. Try to plan an activity you enjoy for the morning, afternoon and evening over the next week. When you are tracking whether you did these activities, record how much of a sense of accomplishment you feel (0-10) and how much pleasure or enjoyment you are experiencing (0-10). Make sure to include a mix of activities with other people as well as activities you do on your own.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |