

Meeting # \_\_\_\_\_

Date: \_\_\_\_\_

## Scheduling Activities

Plan at least one activity each day. This is an important way to deal with stress and depression. Schedule out a week's worth of daily activities.

Each day should contain at least one activity. These can be pleasant, social, or physical activities. For example, a pleasant activity might be reading a book or doing a hobby; a social activity might be calling or video-chatting with a friend; and a physical activity might be going for a walk. You can also include activities you may be avoiding or responsibilities you have fallen away from, such as paying the bills.

Rate how satisfied you felt after doing the activity.

Daily Activities			How satisfied did you feel? Rate from 0 to 10:  0 = Not Satisfied At All  10 = Extremely Satisfied	Completed ✓
Day	Date	Activity (What? Where? When? With Whom?)		
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				