Activity Record

See how what you do each day links to how you feel.

Week of: _____

For one week, write down what you did each hour and give your mood a number. At the end of the week, look at the sheet and look for patterns.

> **The main idea:** What you do affects how you feel. When you can see the link, you can plan more of what helps.

How to use this sheet

- **Write down what you did.** Use a few words for each hour, for example: “Walked the dog.” “Watched TV.” “Ate lunch with a friend.”
- **Give your mood a number.** Use 0 to 10. 0 means the worst mood. 10 means the best mood. Write the number next to what you did.
- **Fill it in during the day if you can.** It is easier to remember what you did and how you felt. If you miss some hours, fill them in at the end of the day.
- **Do it for one full week.** Then answer the questions on the last page.

Mood scale: 0 = worst mood · 5 = in the middle · 10 = best mood

Example

Time	Monday	Tuesday
9–10 am	Walked to the store — 6	Stayed in bed — 3
10–11 am	Called my sister — 7	Watched the news — 4

Tip: Fill out the sheet 3 or 4 times a day, perhaps at meals and bedtime, so you only have to fill in a few hours at a time.

Activity Record

Week of: _____ Morning — write what you did and your mood (0–10).

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

Mood scale: 0 = worst mood, 10 = best mood. Continued on the next page.

Activity Record

Week of: _____ Afternoon and evening — write what you did and your mood (0–10).

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2–3 pm							
3–4 pm							
4–5 pm							
5–6 pm							
6–7 pm							
7–8 pm							
8–9 pm							
9–10 pm							
10–11 pm							

Mood scale: 0 = worst mood, 10 = best mood. When the week is done, answer the questions on the next page.

Learning From My Activity Record

Now that you have tracked your mood and your activities for one week, look at your record to find patterns.

1. Did my mood go up and down during the week? What pattern do I see?
2. Did what I did change my mood? If so, how?
3. What was I doing when I felt better? Are these things good for me in the long run? What else could I do that might also help me feel better?
4. What was I doing when I felt worse? Are these things good for me? If I need to do them, is there a way to do them that would help me feel better while I do them?
5. Are there times of day when I often feel worse? What could I do at those times to feel better?
6. Are there times of day when I often feel better? What can I learn from that?
7. Looking at my answers, what can I plan for next week to give myself a better chance of feeling better?

My plan for next week

Write down two or three things you will plan for next week, based on what you learned.

1.
2.
3.

Keep this sheet and bring it to the group. We will talk about what you found.