**Weekly Activity Schedule**

Use this worksheet to record the activities you get up to during the week. Then, for each activity, rate the sense of pleasure and achievement (0-10) that you get from doing that activity. When you have done this, reflect on what you have recorded. What do you make of your activity schedule?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8 to 9am |  |  |  |  |  |  |  |
| 9 to 10 |  |  |  |  |  |  |  |
| 10 to 11 |  |  |  |  |  |  |  |
| 11 to 12 |  |  |  |  |  |  |  |
| 12 to 1 |  |  |  |  |  |  |  |
| 1 to 2 |  |  |  |  |  |  |  |
| 2 to 3 |  |  |  |  |  |  |  |
| 3 to 4 |  |  |  |  |  |  |  |
| 4 to 5 |  |  |  |  |  |  |  |
| 5 to 6 |  |  |  |  |  |  |  |
| 6 to 7 |  |  |  |  |  |  |  |
| 7 to 8 |  |  |  |  |  |  |  |
| 8 to 9 |  |  |  |  |  |  |  |
| 9 to 10 |  |  |  |  |  |  |  |
| 10 to 11 |  |  |  |  |  |  |  |
| 11 to 12am |  |  |  |  |  |  |  |