

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

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

## Scheduling Activities Pleasant – Social – Physical

Plan at least one activity each day. It 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.

Rate how satisfied you felt after doing the activity.

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