

# MOOD DIARY/ACTIVITY SCHEDULE

(Adapted from Beck, Rush and Shaw, 1979; Jacobsen, Martell and Dimidjan, 2001)

MOOD DIARY: Record events over the week, how they make you feel and how much you feel it on a 0-10 scale (eg. Sad – 7, happy - 8)

ACTIVITY SCHEDULE: Plan your week to improve your work/life balance and improve your mood. Balance work, rest, play and social activities and record your mood, the effort involved in the activity and how pleasurable it was on a 0-10 scale. Pace yourself and make sure it is achievable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

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