

Am I Depressed and What Can I Do About It?

My activity log – today's date _____

Date, time	Activity – what I did, with whom and where	Achievement	Closeness	Enjoyment	Important?
7 a.m.–8 a.m.					
8 a.m.–9 a.m.					
9 a.m.–10 a.m.					
10 a.m.–11 a.m.					
11 a.m.–12 noon					
12 noon–1 p.m.					
1 p.m.–2 p.m.					
2 p.m.–3 p.m.					
3 p.m.–4 p.m.					
4 p.m.–5 p.m.					
5 p.m.–6 p.m.					

Feeling and doing

6 p.m.-7 p.m.									
7 p.m.-8 p.m.									
8 p.m.-9 p.m.									
9 p.m.-10 p.m.									
10 p.m.-11 p.m.									
11 p.m.-12 midnight									
12 midnight-1 a.m.									
1 a.m.-2 a.m.									
2 a.m.-3 a.m.									
3 a.m.-4 a.m.									
4 a.m.-5 a.m.									
5 a.m.-6 a.m.									
7 a.m.-8 a.m.									