

Behavioural Activation

Daily Activities Worksheet

Time	Activity	Enjoyment (0–10)	Importance (0–10)
5–6 a.m.			
6–7 a.m.			
7–8 a.m.			
8–9 a.m.			
9–10 a.m.			
10–11 a.m.			
11–12 a.m.			
1–2 p.m.			
2–3 p.m.			
3–4 p.m.			

Time	Activity	Enjoyment (0–10)	Importance (0–10)
4–5 p.m.			
5–6 p.m.			
6–7 p.m.			
7–8 p.m.			
8–9 p.m.			
9–10 p.m.			
10–11 p.m.			
11–12 p.m.			
12–1 a.m.			
1–2 a.m.			
2–5 a.m.			
Overall mood for the day (0–10) ____			