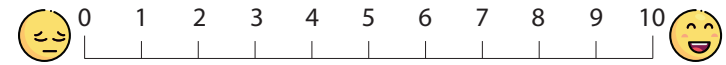


Behavioural Activation Activity Diary

Record what you did during each time period, then rate how you felt on a scale of 0 to 10.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning  <ul style="list-style-type: none"> • Who were you with? • What were you doing? • When did this happen? • Where did this happen? 							
Afternoon  <ul style="list-style-type: none"> • Who were you with? • What were you doing? • When did this happen? • Where did this happen? 							
Evening  <ul style="list-style-type: none"> • Who were you with? • What were you doing? • When did this happen? • Where did this happen? 							