

Positive-activity scheduling worksheet

Use this tracker to record your daily activities. Note each one's effect on your mood by assigning it a score from 1 (worst) to 10 (best).

Time of day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Example day
Morning								<i>6–7: Woke up, got ready for work (5)</i>
Afternoon								<i>12–1: Worked through lunch break (2)</i>
Evening								<i>4–5: Came home from work, scrolled on phone (3)</i> <i>6–7: Made new dinner recipe (7)</i>
Night								<i>9–10: Called friend before bed (8)</i>