



## **ACTIVITY SCHEDULING**

We know that certain activities have antidepressant qualities. We want to ensure that these activities are represented in some form each day to ensure that your mood is supported. Please note down a few activities for each of the below categories.

**Pleasurable activities:**

**Activities that accomplish something:**

**Overcoming avoidance – activities that I have been avoiding:**

**Activities that fit with my values:**

| <b>Time</b> | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
|-------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| 6am-7am     |               |                |                  |                 |               |                 |               |
| 7am-8am     |               |                |                  |                 |               |                 |               |
| 8am-9am     |               |                |                  |                 |               |                 |               |
| 9am-10am    |               |                |                  |                 |               |                 |               |
| 10am-11am   |               |                |                  |                 |               |                 |               |
| 11am-12pm   |               |                |                  |                 |               |                 |               |
| 1pm-2pm     |               |                |                  |                 |               |                 |               |
| 2pm-3pm     |               |                |                  |                 |               |                 |               |

| <b>Time</b> | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
|-------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| 3pm-4pm     |               |                |                  |                 |               |                 |               |
| 4pm-5pm     |               |                |                  |                 |               |                 |               |
| 5pm-6pm     |               |                |                  |                 |               |                 |               |
| 6pm-7pm     |               |                |                  |                 |               |                 |               |
| 7pm-8pm     |               |                |                  |                 |               |                 |               |
| 8pm-9pm     |               |                |                  |                 |               |                 |               |
| 9pm-10pm    |               |                |                  |                 |               |                 |               |
| 10pm-11pm   |               |                |                  |                 |               |                 |               |