

# Activity Schedule

Name: .....

Week Beginning: .....

Write down in each box what you did during each hour of the day. Then give each activity a score 0 to 10 for both Pleasure (P) and Mastery (M). Therefore P0 = you had not enjoyed the activity at all, and P10 = it had been extremely enjoyable, and similarly, M0 = no sense of achievement, and M10 = you feel you did really well at your chosen activity.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							