

Behavioral Activation Schedule

Counteract low mood and inactivity by intentionally scheduling activities that provide a sense of achievement (mastery) or enjoyment (pleasure).



MASTERY (M)
Sense of accomplishment/skill



PLEASURE (P)
Enjoyment, relaxation, or fun

M = Mastery (Achievement), P = Pleasure (Enjoyment). Rate 0-10.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
☀ MORNING (7 AM - 12 PM)							
08:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
10:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
🕒 AFTERNOON (12 PM - 5 PM)							
12:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
14:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
16:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
🌙 EVENING (5 PM - 10 PM)							
18:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
20:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P
22:00	M / P	M / P	M / P	M / P	M / P	M / P	M / P