

# 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
<b>⌚ MORNING (7 AM - 12 PM)</b>							
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
<b>⌚ AFTERNOON (12 PM - 5 PM)</b>							
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
<b>⌚ EVENING (5 PM - 10 PM)</b>							
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