



# Weekly Schedule for Behavioral Activation Worksheet

By scheduling and doing positive and meaningful activities you can combat depression and enhance your quality of life

## Step 1: Identify Activities

*List activities you can do in the different categories*

### Fun Activities

*Activities that you find fun and pleasurable*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Meaningful Activities

*Activities that are important to you*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Necessary Activities

*Activities that you have to do*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## Step 2: Create your Schedule

Create a schedule of activities for the week. Try to include meaningful activities(*m*), necessary activities(*n*), and fun activities(*f*).

Day	Starting Mood	Morning	Afternoon	Night	End Mood
Example Day	<i>Sad</i>	<i>Go for a walk in the park(f)</i>	Grocery shopping( <i>n</i> )	Spend time with family( <i>m</i> )	<i>Relaxed</i>
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					