

Pleasurable Activity Scheduling

LIST OF THINGS I CAN DO TO FEEL BETTER:

MY PLAN FOR THIS WEEK

(Be sure to plan for possible obstacles, and include supports like reminders and rewards if needed!)

Day	My Plan	How I Felt Before 0-10 (10=best)	What I did	How I Felt After 0-10 (10=best)
1				
2				
3				
4				
5				
6				
7				