

MOOD MONITORING SHEET

Day	High & low mood ratings (0-10)	What events or activities were going on related to the highs and lows?
Monday	High: Low:	
Tuesday	High: Low:	
Wednesday	High: Low:	
Thursday	High: Low:	
Friday	High: Low:	
Saturday	High: Low:	
Sunday	High: Low:	

BEHAVIORAL EXPERIMENT / PLEASANT ACTIVITY SCHEDULING SHEET

During this week, I will do the following activities (include when, where, with whom, how long, etc.):

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Signed: _____ *Date:* _____

<i>Things that could get in the way...</i>	<i>Solutions?</i>

How I will reward myself for taking these steps: _____

<i>Date</i>	<i>Mood before (0-10)</i>	<i>Activity</i>	<i>Mood after (0-10)</i>	<i>How did it go?</i>