

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.): |
| - |
| - |
| - |

Signed: _____ Date: _____

| Things that could get in the way... | Solutions? |
|-------------------------------------|------------|
| | |

How I will reward myself for taking these steps: _____

| Date | Mood before (0-10) | Activity | Mood after (0-10) | How did it go? |
|------|--------------------|----------|-------------------|----------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |