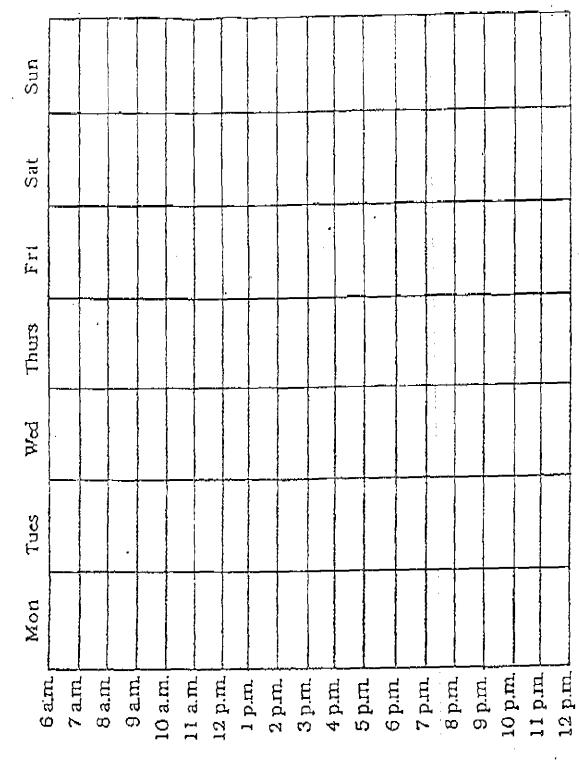
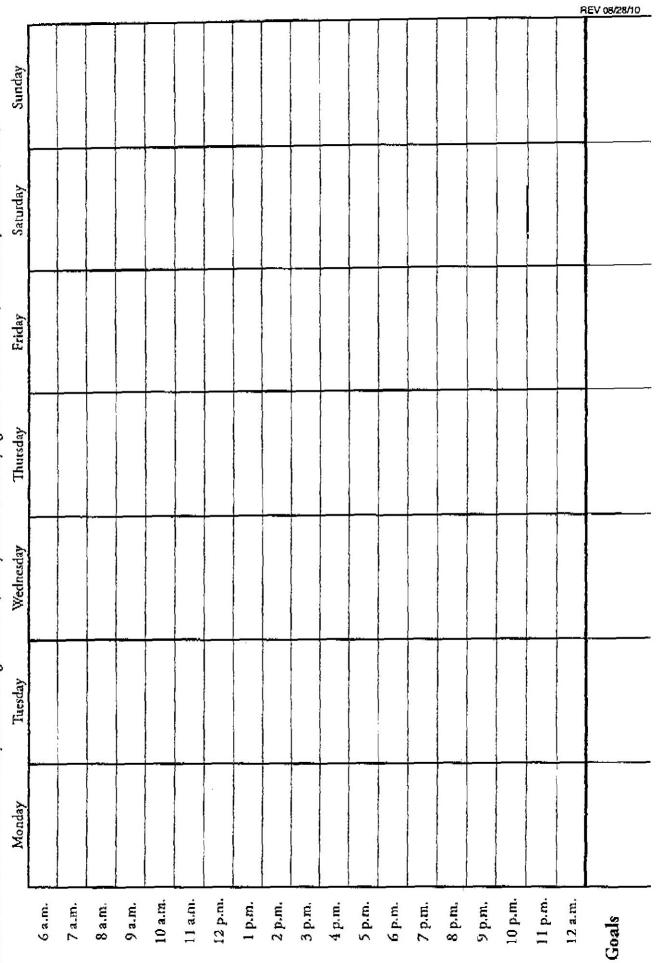
MOOD & ACTIVITY CHARTING

FOR EACH HOUR WRITE DOWN YOUR MOOD (0-100) AND WHAT YOU DID DURING THAT HOUR.



Activity Scheduling

At the bottom of the sheet under each day, write down some goals for that day.
 For each hour, write down what you did during that hour (activity related to the day's goals or other activities) and record your mood (0-100).



Pleasurable Activities

(please check)

	Do Now	Would Like To Do		Do Now	Would Like To Do
Walking	1207101	1020	Redecorating rooms	DO MON	1070
Exploring	·		Spring cleaning		
Being in the mountains			Reading fiction books		
Being by water	}		Reading nonfiction books		
Shopping (stores)			Reading magazines		
Going to yard sales			Reading newspapers		
Going to auctions			Driving		
Fishing			Watching T.V.		·
Hunting			Working on machines		···
Boating			Woodwork/Carpentry	, <u>,</u>	
Camping			Writing letters		T
Listening to live music			Writing (stories poems, etc)		
Listening to CD's			Volunteer work		
Listening to books on tape			Gardening		
Going to movies			Caring for houseplants	₩.	
Watching videotapes			Singing		
Getting on the Internet			Dancing		
Playing video/computer games			Playing a musical instrument		-
Exercising			Acting		
Playing sports			Going to a party		· · · · · · · · · · · · · · · · · · ·
Watching sports (live)			Lunch/Dinner with friends		· · ·
Watching sports (T.V.)		1	Visiting people (sick, shut-in)		-
Reading about sports			Visiting friends		
Bicycling ·			Visiting family		
Day trips			Doing things with children	· · ·	·
Vacation		-	Church		·
Collecting things (coins, etc.)					
Flower arranging	· · · · · · · · · · · · · · · · · · ·	· · ·	Church-related activities Praying	·····	
Yard work (mowing, trimming)			Reading Bible	_	
Talking on phone			Meditation/Yoga		
Painting (rooms, furniture)					
Drawing	·····		Playing board games Cooking		
Doing crafts				-	
Painting pictures	·		Doing housework/laundry		·····
Ceramics			Cleaning things		
Playing with pets			Cooking		
Bowling With pers			Canning & freezing		
Knitting/Crocheting		***	Swimming		· · · · · · · · · · · · · · · · · · ·
Taking a bath	-		Going to library		
			Playing pool or billiards		
Taking a class			Photography		
Eating out	 _		Going on outings (park, etc)		<u> </u>
Golf			Horseback riding		
Playing cards			Going to plays		
Doing puzzles or crosswords			Sewing/Embroidery		
Other (please specify)			Other (please specify)		
					
		<u>_</u>			