

MOOD & ACTIVITY CHARTING

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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 p.m.							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							
12 p.m.							

Activity Scheduling

1. At the bottom of the sheet under each day, write down some goals for that day.
2. 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).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 p.m.							
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3 p.m.							
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6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							
12 a.m.							
Goals							

Masurable Activities

(please check)

	Do Now	Would Like To Do		Do Now	Would Like To Do
Walking			Redecorating rooms		
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		
Camping			Writing letters		
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.)			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.)			Church-related activities		
Flower arranging			Praying		
Yard work (mowing, trimming)			Reading Bible		
Talking on phone			Meditation/Yoga		
Painting (rooms, furniture)			Playing board games		
Drawing			Cooking		
Doing crafts			Doing housework/laundry		
Painting pictures			Cleaning things		
Ceramics			Cooking		
Playing with pets			Canning & freezing		
Bowling			Swimming		
Knitting/Crocheting			Going to library		
Taking a bath			Playing pool or billiards		
Taking a class			Photography		
Eating out			Going on outings (park, etc)		
Golf			Horseback riding		
Playing cards			Going to plays		
Doing puzzles or crosswords			Sewing/Embroidery		
Other (please specify)			Other (please specify)		