

Activity Diary

Write briefly in each box: **What you did** (brief description), one word that describes your **Mood**, and rate the intensity of your mood on a scale of 0 – 100%, your sense of Achievement for the activity on a scale of 0-10 (A0 – 10) your sense of Closeness to others (C0 – 10), and sense of Enjoyment (E 0-10). An activity may be sitting down, or lying in bed, not only washing dishes, walking etc.

(Write in each box) Example : Watching TV with son, Sad 60%, A0, C7, E4

| Day → | | | | | | | |
|---------------|--|--|--|--|--|--|--|
| Time ↓ | | | | | | | |
| 6 – 8 am | | | | | | | |
| 8 - 10 am | | | | | | | |
| 10am – 12noon | | | | | | | |
| 12 - 2pm | | | | | | | |
| 2 - 4pm | | | | | | | |
| 4 - 6pm | | | | | | | |
| 6 - 8pm | | | | | | | |
| 8 - 10pm | | | | | | | |
| 10pm – 12mn | | | | | | | |

After completing the diary, you might notice patterns in your mood variations, and how particular activities affect your mood. You will then be able to plan a more healthy range of activities which give you a sense of Achievement, Enjoyment and Closeness (using another blank form).