

WORKSHEET 13.6. Activity Schedule

Referring to the “**Activity Scheduling**” exercise (p. 213), use this worksheet to schedule some activities. Write down the times and days of the week you plan to do these activities. If something more enjoyable or more important comes along, you can do that activity instead during that time period. If you do something different during any time period, put a line through or bracket what you had planned and write down what you actually did. For each time period in which you planned an activity, write down: (1) Activity. (2) Mood ratings (0–100).

(Mood I am rating: _____)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6–7 A.M.							
7–8 A.M.							
8–9 A.M.							
9–10 A.M.							
10–11 A.M.							
11 A.M.– 12 noon							
12 noon– 1 P.M.							
1–2 P.M.							

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2–3 P.M.							
3–4 P.M.							
4–5 P.M.							
5–6 P.M.							
6–7 P.M.							
7–8 P.M.							
8–9 P.M.							
9–10 P.M.							
10–11 P.M.							
11 P.M.– 12 midnight							
12 midnight– 1 A.M.							