

ACTIVITY MONITORING FORM

Instructions: Please list the activities you did on each day of the week, whatever it may have been. Below each activity, rate the degree of pleasure (P) and mastery/accomplishment (M) on a 0-10 scale for each, where 0 is no pleasure or mastery/accomplishment and 10 is the greatest degree of pleasure or mastery/accomplishment. Please also rate your **overall** mood for the entire day on a scale of 0 -10, where 0 is feeling the **worst** you could imagine feeling and 10 is feeling the **best** you could imagine feeling.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 A.M.							
9:00 A.M.							
10:00 A.M.							
11:00 A.M.							
12:00 P.M.							
1:00 P.M.							
2:00 P.M.							
3:00 P.M.							
4:00 P.M.							
5:00 P.M.							
6:00 P.M.							
7:00 P.M.							
8:00 P.M.							
9:00 P.M.							
Overall Mood (0 - 10)							