

Activity Diary

Fill out each box in the table below with brief answers about:

- What you did
- One word description of your mood
- To rate the intensity of your mood on a scale of 1 - 10
- To rate your sense of **Achievement** for the activity on a scale of **A1 – A10**
- To rate your sense of **Closeness** to others while doing the activity on a scale of **C1 – C10**
- To rate your sense of **Enjoyment** of doing the activity on a scale of **E1 – E10**

You can try even the simplest activity there such as lying down, sitting down, talking to your kids, etc.,

Example: Talking to my son about his day at school, Sad 70%, A1, C5, E4.

After you complete the diary you may notice how particular activities are affecting your mood and your mood patterns. You can then start planning healthier activities, which provide you with the best combinations of Achievement, Enjoyment and Closeness.

Day → Time ↓							
6 - 8 AM							
8 - 10 AM							
10 AM - 12 noon							
12 - 2 PM							
2 - 4 PM							
4 - 6 PM							
6 - 8 PM							
8 - 10 PM							
10 PM – 12 MN							