

Instructions: For each hour of each week, fill in what you actually did and ratings for how much pleasure and mastery you actually experienced. To rate pleasure, use the scale where 0="no pleasure" and 10 ="the most pleasure you can imagine, with 5 indicating a moderate amount of pleasure. For example, fill in "talked with a friend,6" in the box for Tuesday at 10am if you rate yourself as experiencing that amount of pleasure from talking with a friend at that day and hour. To rate mastery (the feeling of effectiveness or accomplishment you get from an activity), use a similar 0-120 scale and write the rating as the second number of the activity (e.g. talked to a friend,6/5).

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am							
9am							
10am							
11am							



Weekly Activity Schedule

Name: _____

Date: _____

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							



Weekly Activity Schedule

Name: _____

Date: _____

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7pm							
8pm							
9pm							
10pm							
11pm							
12 midnight							
1 – 6am							

