

## Scheduling Activities *Pleasant – Social – Physical*

Plan at least one activity each day. It is an important way to deal with stress and depression. Schedule out a week's worth of daily activities.

Each day should contain at least one activity that is pleasant, social, or physical. Many activities can be all three – that's great! For example, a pleasant activity might be putting together a puzzle or some hobby; a social activity might be having tea with a neighbor, and a physical activity might be going for a walk.

**Be sure to rate how satisfied you felt after doing the activity** 

Daily Activities			How <i>satisfied</i> did you feel?
Day	Date	Type of Activity (What? Where? With whom?)	0 = Not Satisfied 10 = Super
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			