**ACTIVITY LOG**

Instructions: Record your activity throughout the day (what you were doing, with whom, where, etc.). Record a rating for your mood as you were doing each activity. Mood is rated between 0-10, with “0” indicating “low mood” and “10” indicating “good mood.”

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday  | Friday  | Saturday  | Sunday  |
| Morning  |  |  |  |  |  |  |  |
| Afternoon  |  |  |  |  |  |  |  |
| Evening  |  |  |  |  |  |  |  |