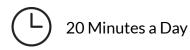
## **Activity Monitoring**







Keep a record of what you are doing throughout the day and how it impacts your mood.

	Example	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7 am	Woke up - 4							
8 am	Rushed breakfast - 4							
9 am	Answered e-mails - 5							
10 am	Mum called me - 8							
11 am	Boring work meetings - 3							
12 pm	Ate a tasty lunch - 8							
1 pm	Went for a walk - 9							
2 pm	Good work meeting - 7							
3 pm	Work - 6							
4 pm	Work - 5							
5 pm	Food shopping - 4							
6 pm	Evening workout - 9							
7 pm	Cooked dinner - 8							
8 pm	Watched TV - 6							
9 pm	Time on my phone - 3							
10 pm	Called my friend - 7							

## **Instructions**



- 1. For <u>one week</u>, record your activity for <u>each hour</u> of the day. Try to be precise, so write down what you were doing, with whom, where etc.
- 2. Next to each activity, note down a rating (between 0 and 10) for your mood as you were doing that activity.
  - 0 = very low mood
  - 10 = very good mood
- 3. At the end of that week, take some time to look at your sheet and **reflect**:
  - Were there activities that made you feel really good? Or things you did that resulted in really low mood?
  - What do you notice about the relationship between your mood and how active you were?
  - Were there any days when you didn't leave the house? What was your mood like on those days?
  - What was your mood like on the days when you were most active?
- 4. Use the 'Up & Down Activities' tool to note these activities down.
- 5. Proceed to the 'Activity Planning' tool.