

Activity Monitoring



20 Minutes a Day



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 one week, record your activity for each hour 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.