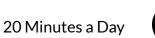
Activity Monitoring







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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.