











Step 1

Complete the Activity Tracker

Start by recording your daily activities for a week, segmented into morning, afternoon, and evening. Document what you undertook and rate your feelings associated with each task on a scale from 1 (awful) to 10 (awesome). Omit involuntary actions like emptying your bladder. Instead, include more intentional options.

Activity Tracker

Record what you did during each time period, then rate how you felt on a scale of 0 to 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING								10 
								9 
								8 
AFTERNOON								7 
								6 
								5 
EVENING								4 
								3 
								2 
								1 

Notes _____

Reflection: After a week, review your documented activities. Identify moments of elevated mood and those of lower spirits.

Ask yourself:

- When did you feel most connected to others?
- Which activities gave you a sense of accomplishment?
- Can you discern a link between mood and activity level?

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	Got up at 11 3/10	Slept 7/10	Met with supervisor 2/10	Work 3/10	Work 3/10	Slept 7/10	Watched church on Zoom 8/10	10
	Called in sick 4/10							9
								8
AFTERNOON	Watch TV 5/10	Grocery shop 5/10	Work 3/10	Laundry 4/10	Work 6/10	Stayed in bed 4/10	Walked the dog 7/10	7
	Walked the dog 7/10					Walked the dog 7/10		6
								5
EVENING	Worked on project 5/10	Watch TV 6/10	Watch TV 4/10	Watch TV 2/10	Watch TV 6/10	Went out to eat 8/10	Watch TV 6/10	4
						Watch TV 6/10		3
								2
								1

Notes I didn't realize how little I walked the dog

Reflection: After a week, review your documented activities. Identify moments of elevated mood and those of lower spirits.

Ask yourself:

- When did you feel most connected to others? *Talking with friends after church, going out to eat with a friend*
- Which activities gave you a sense of accomplishment? *When I finished the project on Monday*
- Can you discern a link between mood and activity level? *Getting things done around the house make me feel useful*