
How to Use the Activity Record

- Name the mood you will rate.
 - Write down your activities for each hour of the day.
 - For each hour, rate your mood from 0–100 with 0 showing you did not experience that mood and 100 indicating the most you have ever experienced that mood. Write your rating on the chart.
 - After filling out an Activity Record for one week, look for connections between what you do and your mood.
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Write in each box: (1) Activity. (2) Mood ratings (0–100). (Mood I am rating: Depression)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6–7 A.M.	Wake up 60	Wake up 70	Wake up 60	Wake up 50	Wake up 60	Wake up 40	Wake up 60
7–8 A.M.	Shower, dress 60	Lie in bed 80	Shower, dress 50	Shower, dress 50	Dress 60	Shower, dress 30	Dress 60
8–9 A.M.	Walk, breakfast 40	Get dressed 80	Breakfast 50	Breakfast 40	Breakfast 40	Breakfast 20	Serve breakfast at church 20
9–10 A.M.	Golf 40	Breakfast 80	Hardware store 40	Walk 30	Clean garage 40	Drive to Bob's 20	Walk 30
10–11 A.M.	Golf 40	Sit in chair 80	Fix door 30	Phone call (Bob) 30–60	Clean garage 30	Visit with Bob and kids 10	Shopping 40
11 A.M.–12 noon	Golf 60	Read 80	Fix door 30	Talk with Sylvie 60	Clean garage 30	Look at photos on the computer with Greg 10	Shopping 30
12 noon–1 P.M.	Lunch with Sylvie 40	Lunch with Sylvie 70	Lunch with Sylvie 20	Lunch 60	Lunch 20	Lunch 0	Lunch out 20
1–2 P.M.	Shopping with Sylvie 40	Wash dishes 80	Wash dishes 30	Therapy 50	Sweep garage 20	Go to park 0	Drive around with Sylvie 20
2–3 P.M.	Shopping 40	Sit in chair 80	Walk 20	Call Bert 40	Walk with Sylvie 20	Play soccer with grandkids 0	Home with Sylvie – relax 20

3-4 P.M.	Shopping 50	Pay bills 80	Read mail 20	Clean up workbench 40	Read news online, write email 20	Walk Bob's dog 0	Relax with Sylvie 10
4-5 P.M.	Unpack shopping bags 50	Drive Sylvie to doctor's office 70	Help cook 20	Help cook 40	Help cook 20	Drive home 10	Make dinner 10
5-6 P.M.	Sit in chair 60	Dinner out 60	Dinner with Sylvie 20	Dinner 30	Dinner 20	Dinner 10	Dinner 10
6-7 P.M.	Dinner 60	Walk at shopping mall 60	Wash dishes 20	Wash dishes 30	Wash dishes 20	Wash dishes 10	Wash dishes 10
7-8 P.M.	TV 60	Movie 50	Play cards 20	TV 30	Phone call with Bob 10	Sit in chair 30	TV 20
8-9 P.M.	TV 60	Movie 50	Play cards 20	TV 40	TV 10	Look at photo album 30	TV 20
9-10 P.M.	TV 60	Drive home 50	Talk to Sylvie 20	TV 40	TV 10	Talk to Sylvie 20	TV 20
10-11 P.M.	TV 60	TV 50	TV 20	TV 40	TV 10	TV 30	TV 30
11 P.M.- 12 midnight	Bed 70	Bed 60	Bed 20	Bed 60	Bed 10	Bed 30	Bed 20
12 midnight- 1 A.M.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

WORKSHEET 13.4. Activity Record

Write in each box: (1) Activity. (2) Mood ratings (0–100). (Mood I am rating: _____)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6–7 A.M.							
7–8 A.M.							
8–9 A.M.							
9–10 A.M.							
10–11 A.M.							
11 A.M.– 12 noon							
12 noon– 1 P.M.							
1–2 P.M.							
2–3 P.M.							

3–4 P.M.							
4–5 P.M.							
5–6 P.M.							
6–7 P.M.							
7–8 P.M.							
8–9 P.M.							
9–10 P.M.							
10–11 P.M.							
11 P.M.– 12 midnight							
12 midnight– 1 A.M.							