**Worksheet 11.1** Behavioural activation schedule

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| --- | --- |
|  | Write below the day of the week you want to start your schedule |
|  |  |  |  |  |  |  |
| Morning | What |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| Who |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| What |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| Who |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| Afternoon | What |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| Who |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| What |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| Who |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| Evening | What |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| Who |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| What |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| Who |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| Comments |  |  |  |  |  |  |  |