

# Appendix VI

## Detailed Activity Record Sheet

Week starting:.....

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
6-10							
Mood rating: 0 = low; 10 = really good							

### Key

P = Pleasure 0-10

A = Achievement 0-10

Write these scores alongside each activity.