

Appendix VII

Basic Activity Schedule

Please fill in the following chart for each day of the week. You only need to put in a couple of activities a day to start with. It is useful to try and pick out activities that lift your mood and also to note those that seem to lower your mood. Feel free to fill in the comments column and also to rate mood each day on a 0–10 scale (where 10 is very good and 0 is awful).

Week starting:.....

Day	Activities	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		