**Worksheet 11.1** Behavioural activation schedule

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | 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 | |  |  |  |  |  |  |  |