

**Instructions:** Record your activities for each part of the day. Record a rating for the **Pleasure (“P”)** and **Sense of Accomplishment (“A”)** that you experienced as you were doing each activity. Pleasure and sense of accomplishment are each rated between 0 and 10, with **“0” = “low”** and **“10” = “high.”** Record a **Mood** rating for each day using the same 0 to 10 scale.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-9am							
9am-10am							
10am-11am							
11am-12pm							
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-12am							
<b>Daily mood</b>							