

Behavioral Activation Monitoring

Activity/Pleasure/Sense of Accomplishment

Instructions: Record your activities for each part of the day (what were you doing, with whom, where, etc.). 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.

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Morning							
Afternoon							
Evening							
Daily mood rating							