

# 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 accomplishment are each rated between 0 and 10, with “0” = “low” and “10” = “high.”

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Morning</b>							
<b>Afternoon</b>							
<b>Evening</b>							