

Changing What You Do – Being More Active

Continued...

For each activity, rate any pleasure (P) or achievement (A) on a scale from 0 (none at all) to 10 (as much as possible):

DAY / DATE	TIME	ACTIVITY	RATING (P &/ A)
MONDAY (example)	2 to 3pm	Went swimming with friend	P=6 A=4
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			