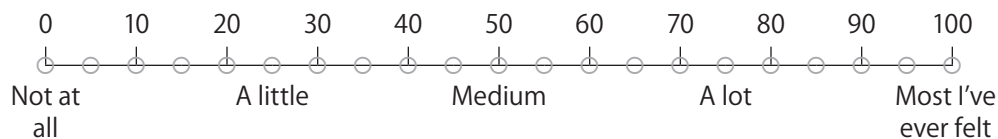


### EXERCISE: Using the Activity Record

First, choose a mood (depression or low mood, if that is why you are reading this chapter) that you want to improve, and write this mood here:

Mood:

During this week, you will be rating this mood on a 0–100 scale:



Fill in your Activity Record (**Worksheet 13.4** on pp. 206–207) for one week. For each hour, write in the activity you were doing, and rate your mood on the 0–100 scale. You may forget to do it for some hours, but the more hours you fill in for the week, the more you will have a chance to learn about the mood you are rating. Therefore, if you forget to do it one day, don't give up – just continue the ratings when you remember.

To help you remember to fill out the Activity Record, carry a copy with you or make a digital reminder to take notes on your activities and moods as you go through the day. It is not necessary to fill it out every hour. Most people can remember their activities and moods for several hours, so you may be able to fill it out several times a day rather than hourly. For example, at lunchtime, you can write in all your morning activities and mood ratings. At dinnertime, you can do the afternoon hours. At bedtime, you can fill in the evening hours.

## WORKSHEET 13.4. Activity Record

Write in each box: (1) Activity. (2) Mood ratings (0–100). (Mood I am rating: \_\_\_\_\_)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6–7 A.M.							
7–8 A.M.							
8–9 A.M.							
9–10 A.M.							
10–11 A.M.							
11 A.M.– 12 noon							
12 noon– 1 P.M.							
1–2 P.M.							
2–3 P.M.							

*(continued on next page)*

**WORKSHEET 13.4** (continued from previous page)

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
3–4 P.M.							
4–5 P.M.							
5–6 P.M.							
6–7 P.M.							
7–8 P.M.							
8–9 P.M.							
9–10 P.M.							
10–11 P.M.							
11 P.M.– 12 midnight							
12 midnight– 1 A.M.							