

Behavioural Activation Plan

Fill this diary in with any activities which you wish to complete in the week. Try to choose one activity from each of the three areas (i.e. necessary/routine/pleasurable). Remember to plan **what** the activity is, **where** the activity will be, and **what you may need** to complete it. It is also important to record whether you **completed** the activity (perhaps with a tick or a cross), **what went well and any problems** you came across.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |
| Comments |  |  |  |  |  |  |  |