

Weekly Schedule for Behavioral Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

DAY	MORNING	AFTERNOON	EVENING
<i>Example</i>	<ul style="list-style-type: none"> • <i>Wake by 8 AM</i> • <i>Eat a full breakfast</i> 	<ul style="list-style-type: none"> • <i>Go for a 15 minute walk</i> 	<ul style="list-style-type: none"> • <i>Call a friend</i> • <i>Practice guitar</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			