

ACTIVITY MONITORING / PLANNING FORM

Schedule activities for each hour block, then rate anticipated pleasure on scale of 0-10. Document what actually happened, then rate the actual amount of pleasure associated with the activity. The final column is for documenting any automatic thoughts during each activity.

| | Planner Activity | Anticipated Pleasure | Actual Activity | Actual Pleasure | Automatic Thoughts |
|------|------------------|----------------------|-----------------|-----------------|--------------------|
| 8am | | | | | |
| 9am | | | | | |
| 10am | | | | | |
| 11am | | | | | |
| 12pm | | | | | |
| 1pm | | | | | |
| 2pm | | | | | |
| 3pm | | | | | |
| 4pm | | | | | |
| 5pm | | | | | |
| 6pm | | | | | |
| 7pm | | | | | |
| 8pm | | | | | |
| 9pm | | | | | |