

Activity Planner You can download and print out a copy of this from the

EMCAVS website: <u>bit.ly/32kGo3t</u> or draw out your own version



Write in each box:

- A brief description of what you plan to do e.g., "Go for a walk"
- After doing the activity, write a word to describe your mood and a rating of its intensity on a scale of 0-100% e.g., "Content 30%"
- As a bonus, you can also rate how much that activity gave you a sense of Mastery (things that lead to a sense of accomplishment, e.g. cleaning) or a sense of Pleasure (things you do to make yourself feel good, e.g. watching a film). Circle M or P if either apply.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Activity:		Activity:		Activity:		Activity:		Activity:		Activity:		Activity:	
Morning	Mood:	%												
	Μ	Ρ	М	Ρ	Μ	Ρ	Μ	Ρ	Μ	Ρ	М	Ρ	М	Ρ
	Activity:		Activity:		Activity:		Activity:		Activity:		Activity:		Activity:	
Afternoon	Mood:	%												
	Μ	Ρ	Μ	Ρ	Μ	Ρ	Μ	Ρ	Μ	Ρ	М	Ρ	Μ	Ρ
	Activity:		Activity:		Activity:		Activity:		Activity:		Activity:		Activity:	
Evening	Mood:	%												
	Μ	Ρ	Μ	Ρ	Μ	Ρ	М	Ρ	Μ	Ρ	М	Ρ	Μ	Ρ