



ACTIVITY SCHEDULE - PLEASURE AND ACHIEVEMENT

Use this table to look at how you spent your time in the last few days.

Rate the Pleasure (P) and Achievement (A) you felt in doing each activity, from 0 to 10 where 0 is the least and 10 is the most

	EXAMPLE . . . DAY: Monday	DAY:	DAY:	DAY:
MORNING	Stayed in bed P(4) Bath P(5) A(4) Read paper P(6) A(2)			
AFTERNOON	Watched TV P(1) A(0) Met a Friend P(7) A(5) Library P(4) A(4)			
EVENING	Made dinner P(2) A(6) Read the kids a story P(7) A(5) Tidied up P(1) A(6)			