



ACTIVITY PLANNING



Description:

Research suggests that activity is more likely to be completed if it is planned and scheduled in advance, particularly in clients who are suffering from depression. This Activity Planning worksheet encourages clients to plan specific activities in 'morning', 'afternoon', and 'evening' slots for a week.

Instructions:

For *activity scheduling* clients should be instructed to plan and schedule desired activities in advance, to record whether the scheduled activities were completed, and to record how they felt as a result of these activities.

References:

Jacobson, N.S., Dobson, K.S., Truax, P.A., Addis, M.E., Koerner, K., Gollan, J.K., Gortner, E. and Prince, S.E. (1996). *A component analysis of cognitive-behavioral treatment for depression. Journal of Consulting and Clinical Psychology, 64(2), 295-304.*

Activity Planning

Part of feeling good is about planning and carrying out activities that we enjoy. Try to plan an activity you enjoy for the morning, afternoon, and evening over the next week. Record how you feel when you complete one of these. Try to include a mix of activities with other people as well as activities you do on your own.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

