

## EXERCISE: Activity Scheduling

Before filling out **Worksheet 13.6** on the next page, write down at least several activities you want to plan for each day. You might find it helpful to review **Worksheet 13.5**, on page 208, especially your answers to questions 3, 6, and 8. It is helpful to think of several activities in each of the following categories and spread them out throughout the week.

### **Pleasurable activities:**

### **Activities that accomplish something:**

### **What I can do to begin to approach things I have been avoiding:**

### **Activities that fit with my values:**

Some activities could fit in a variety of categories. For example, walking or exercising may be pleasurable for one person, may be an accomplishment for someone else, and may fit with a value of doing healthy activities for yet another person. If you have been avoiding exercise for some time, it may even be overcoming avoidance. Put activities in whatever category makes sense to you. The important thing is to do activities in each of the four areas throughout the week.

## WORKSHEET 13.6. Activity Schedule

Referring to the “Activity Scheduling” exercise (p. 213), use this worksheet to schedule some activities. Write down the times and days of the week you plan to do these activities. If something more enjoyable or more important comes along, you can do that activity instead during that time period. If you do something different during any time period, put a line through or bracket what you had planned and write down what you actually did. For each time period in which you planned an activity, write down: (1) Activity. (2) Mood ratings (0–100).

(Mood I am rating: \_\_\_\_\_)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6–7 A.M.							
7–8 A.M.							
8–9 A.M.							
9–10 A.M.							
10–11 A.M.							
11 A.M.– 12 noon							
12 noon– 1 P.M.							
1–2 P.M.							

*(continued on next page)*

**WORKSHEET 13.6** (continued from previous page)

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
2–3 P.M.							
3–4 P.M.							
4–5 P.M.							
5–6 P.M.							
6–7 P.M.							
7–8 P.M.							
8–9 P.M.							
9–10 P.M.							
10–11 P.M.							
11 P.M.– 12 midnight							
12 midnight– 1 A.M.							