

# Tips for Scheduling Activities

- Schedule activities that have improved your mood in the past
- Schedule activities to help boost your mood during the times of the day or week when you are feeling low.
- Try a mix of different types of scheduled activities. Accomplishing something can then make relaxing feel well-earned, which allows the activity to be enjoyed more. This cycle can be very reinforcing.

# Activity Record – Schedule Example

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM	Gym	Gym	Gym	Gym			
10AM							
11AM							
12PM							
1PM			Lunch w/ Friend	Lunch w/ Friend		Lunch w/ Kids	
2PM							Mow Lawn
3PM							Mow Lawn
4PM							
5PM							
6PM		Dinner w/ Fam			Dinner w/ Fam		
7PM							