

Weekly Schedule for Behavioural Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

| Day | Morning | Afternoon | Evening |
|-----------|---------------------------------------|--------------------------|------------------------------------|
| Example | -Wake by 8am -Eat a Full Breakfast | -Go for a 15 minute walk | -Call a friend -Practice Guitar |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |