

# Worksheet

Professional Version | US English

# Activity Diary (Hourly Time Intervals)



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## Description

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Activity diaries are a crucial information-gathering tool. They can be used for activity monitoring during an assessment phase of therapy, symptom monitoring during therapy, correlating activity with symptoms, or activity scheduling as part of behavioral activation. This basic *Activity Diary* includes spaces to record activity for 1 hour time slots throughout the day.

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## Instructions

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For *activity monitoring* clients should be instructed to record their activity in the 1 hour time slots throughout the day.

For *activity scheduling* clients should be instructed to plan and schedule desired activities in advance, and to record whether the scheduled activities were completed.

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## References

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Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

# Activity Diary

Record what you **did** during each time slot.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00							
07:00 – 08:00							
08:00 – 09:00							
09:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							
12:00 – 13:00							
13:00 – 14:00							
14:00 – 15:00							
15:00 – 16:00							
16:00 – 17:00							
17:00 – 18:00							
18:00 – 19:00							
19:00 – 20:00							
20:00 – 21:00							
21:00 – 22:00							
22:00 – 23:00							
23:00 – 00:00							

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