

Worksheet

Professional Version | US English

Activity Diary (No Time Intervals)



Description

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 activities completed each day.

Instructions

For *activity monitoring* clients should be instructed to record activity completed 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.

References

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

Activity Diary

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
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Resource details

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