

Worksheet

Professional Version | US English

Daily Monitoring Form



Description

Low levels of rewarding activity are characteristic of depression. Monitoring activity is an essential component of cognitive behavioral treatments for depression such as behavioral activation. This *Daily Monitoring Form* worksheet is similar to the CBT weekly activity diary, including space for enjoyment and mastery ratings, but uses a daily format. This monitoring form focuses on rating the enjoyment and importance of activities but with a focus on a single day which allows for fine-grained analysis.

Instructions

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.

Mastery (a sense of achievement) and pleasure (a sense of enjoyment) should be recorded alongside each activity.

References

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

Daily Monitoring Form

Date:	Activity What did you do?	Mastery Accomplishment Rate 0-10	Pleasure Enjoyment Rate 0-10
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			
00:00 – 01:00			
01:00 – 02:00			
02:00 – 03:00			
03:00 – 04:00			
04:00 – 05:00			
05:00 – 06:00			

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Resource details

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