

# Activity-Mood Monitoring Worksheet

Record your activity for each hour of the day (activity, with whom, where) and rate your mood while doing the activity.

**Scale:** From 1 to 10, "1" indicates the lowest mood and "10" indicates the best mood.

Time	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 - 10 am	Breakfast with my partner at home, Mood: 8							
10 - 12 pm	I went back to bed when my partner left home, Mood: 2							
12 - 2 pm	Lunch in bed, Mood: 1							
2 - 4 pm	A friend came to visit me, Mood: 5							
4 - 6 pm	I prepared dinner, Mood: 6							
6 - 8 pm	Dinner at home with my partner, Mood: 7							
8 - 10 pm	Watch a movie in the living room, Mood: 5							

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