

## Weekly Schedule for Behavioral Activation

This worksheet allows you to schedule weekly activities, broken down by specific times. It is a good resource for coping with stress and depression.

Plan the week's activities in advance, trying to include at least one activity each day.

| Day       | Morning   | Afternoon             | Evening                         |
|-----------|---|-----------------------|---------------------------------|
| Example   | <ul style="list-style-type: none"> <li>- Get up at 9 AM</li> <li>- Eat a healthy breakfast</li> </ul> | Take a 15-minute walk | Read a chapter of a book I like |
| Monday    |   |                       |                                 |
| Tuesday   |   |                       |                                 |
| Wednesday |   |                       |                                 |
| Thursday  |   |                       |                                 |
| Friday    |   |                       |                                 |
| Saturday  |   |                       |                                 |
| Sunday    |   |                       |                                 |

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