

Activity Schedule: achievement, pleasure and connection

For each day of the week keep a record of your main activities; twice in the morning, twice in the afternoon and once in the evening.

For each activity record the extent to which you got a sense of achievement, pleasure and/or a feeling of connection to another person or people.

Use a scale from 0-10 where 0 is that the feeling was absent and 10 is that you experienced it to a very high degree. For example: "Cooked and then ate evening meal with partner: A=6, P=7, C=7"

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 1							
Morning 2							
Afternoon 1							
Afternoon 2							
Evening							