

Behavioral Activation Planner

Behavioral activation is one of the best-studied skills for depression. The idea is simple: instead of waiting to feel motivated, you schedule small, specific activities first, and mood tends to follow action. Start smaller than feels necessary. A two-minute version of an activity still counts.

HOW TO USE THIS PLANNER

1. Each day, plan one or two small activities: one that gives a sense of accomplishment and one that used to bring enjoyment or connection. 2. Write down when you will do it. 3. Rate your mood from 0 (worst) to 10 (best) before and after. The before and after numbers are the point: they show you, in your own data, that activity moves mood.

Day	Planned activity (small and specific)	When	Done	Mood before (0-10)	Mood after (0-10)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Tip: if a planned activity did not happen, that is information, not failure. Make tomorrow's version smaller.

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