Behavioral Activation Worksheet

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Morning | Get up at 6:30am and go for a 2 km walk before work. | Swap my morning coffee for a green tea. | Get up at 6:30am and go for a 3 km walk before work. | Walk to the local coffee shop before work to pick up a coffee. | Get up at 6:30am and go for a 2 km walk before work. | Go to my local coffee shop in the morning by myself. | Go to the local community fair. |
| Afternoon | Sit next to someone different at work. | Go down to the park during my lunch break to get some fresh air. | Organise to get lunch with my brother during our work breaks. | Go down to the park during my lunch break to get some fresh air. | Ask my colleagues if they would like to get lunch with me. | Accept my brother's invite to play a game of tennis with him. | Go over to mum and dad's place for a cup of tea. |
| Evening | Prepare lunches for the next 4 days at work. | Have a bath. | Clean the apartment when I get home from work. <br> Read my book for 20 minutes. | Call my mum. | Go for a drink with my colleagues. | Prepare and cook myself a nice dinner with good ingredients. | Meal prep lunches for next week. Make sure I am eating enough fruit and vegetables. |

