

Name_____

Weekly Schedule for Behavioral Activation

Create a schedule of activations that will lead you to having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex task. If this is the case, start with simple goals and work your way up to more challenging activities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							