|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Morning |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**Behavioural activation diary**

Record or plan: pleasurable, routine and necessary activities

PICUP May 2023