

## Activity Scheduling Form

The Activity Scheduling Form is a tool designed to help you increase your sense of mastery and pleasure by planning and scheduling activities that are important to you. By scheduling activities that bring you joy and a sense of accomplishment, you can improve your overall mental health and well-being. Record what you plan to do in the table below. If the activity provided a sense of mastery or accomplishment, write **M** beside the description. If the activity provided a sense of pleasure, write **P** next to the description.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							