

Happiness Tools: Weekly Activity Log with Mood Monitoring

Using this log can help you identify specific activities that contribute to a positive or negative mood state, as well as patterns related to activity level in general. Resting and replenishing are good things, but too much inactivity can contribute to lower moods and energy. Likewise, a plethora of highly stressful or boring activities can also lower one's sense of emotional wellbeing.

- 1.) Enter activity in proper box. You don't have to record everything you do, but try to keep track of noteworthy activities (or lack thereof).
- 2.) Rate Mood on Scale from 0 – 10 (0 = absolute worst you have ever felt and 10 = absolute best) and note this number next to activity.
- 3.) Next to each activity, note when relevant if the activity provided a sense of pleasure or accomplishment, by indicating **P = pleasurable activity** and/or **A = sense of accomplishment/achievement**.
- 4.) At the end of each day, record a mood score (scale 0 - 10) under "Daily Mood Score."
- 5.) Reflect on any patterns you notice at the end of the week. How did you feel after certain activities? At the end of the day? At the end of the week?

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example: 6-8am	Shower (3) Made breakfast (6), P Called office (5), A	Slept until 8am, upon wakening mood = (4)					
6-8am							
8-10am							
10-12noon							
12noon-2pm							
2pm-4pm							
4pm-6pm							
6pm-8pm							
8pm- Midnight							
Daily Mood Score							