

Activity Journal

Mood/Symptoms being rated: _____

Date	Time	Activity (e.g., cooking, exercising, etc.)	Who were you with?	Competence (C) & Pleasure (P) in doing activity	Symptom intensity
	6:00a				
	7:00a				
	8:00a				
	9:00a				
	10:00a				
	11:00a				
	12:00p				
	1:00p				
	2:00p				
	3:00p				
	4:00p				
	5:00p				
	6:00p				
	7:00p				
	8:00p				
	9:00p				
	10:00p				
	11:00p				
	12:00a				
	1:00a				
	2:00a				
	3:00a				
	4:00a				
	5:00a				

Instructions for Activity Journal

1. Please read the article found at [torontoconcussion.ca > Education > Library > Scheduling & Behavioural Activation](https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/) (<https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/>) to learn more contextual information about this exercise.
2. On each day for a week, complete the page above.
3. Each row is filled out as shown in the image below.

Activity Journal

Mood/Symptoms being rated: Happiness

Date	Time	Activity (e.g., cooking, exercising, etc.)	Who were you with?	Competence (C) & Pleasure (P) in doing activity	Symptom intensity
Apr1	6:00a	Meditating	Alone	C: 65 P: 80	70

a. Activity Column

- i. The activity or activities you did during that hour.
- ii. e.g., 6:00 am to 7:00 am

b. Competence and Pleasure in Doing Activity Column

- i. Provide a score somewhere between 0-100, the score representing your perceived sense of competence in doing that activity, and the pleasure you gained in doing that activity
 - 100 is the most competent and pleasurable and 0 is the opposite.
- ii. e.g., if rating happiness, 80 would represent your level of happiness, where 100 is the happiest you have ever been, and 0 is the opposite.

c. Symptom Intensity Column

- i. Provide a score somewhere between 0-100, the score representing the intensity of the mood or symptom you are rating
- ii. e.g., in the example above, the patient is rating their happiness, where 70 represented their level of happiness, where 100 is the happiest they have ever been, and 0 is the opposite.

Post Activity Journal Reflection

1. Which activities were correlated with me experiencing preferred scores? Less preferred scores?

a. What could I notice that would allow me to recognize that this was the case while I was doing that activity?

2. Are there certain times of the day or week I notice that I tended to fare better? Worse?

a. What could I notice that would allow me to recognize that this was the case while I was doing that activity?

3. Which activities did I find to be most:

a. Pleasurable?

b. Productive?

4. Now that I know this data, how could I use this information in a way that is good for me?

5. What difference could making these positive changes have on my day-to-day life?

a. What would those closest to me notice about me that told them these changes were good for me?