

Activity Scheduling Tool

Break the Vicious Cycle at the behaviour level

Step 1: Learn about the association between activity and mood.

Day	AM	PM	EVE
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Which activities were you doing when your mood was highest?	Which activities were you doing when your mood was lowest?

Step 2: Connect with your 'good mood' activities. Explore where you do (or could) get your APPS.
Remember: "APPS activities = better mood"

Achievement	Pleasure
Physical	Social connection

Step 3: Plan more APPS activities in the coming week. What APPS activities have you stopped doing? What APPS activities can you do more of to super-charge your mood? Have you got a good balance of good mood activity in your daily life?

Activity (what?)	Plan (where?, when?, who?)	How do you feel?

Continue on the back if necessary