

WEEKLY BEHAVIOR CHANGE "STAR CHART"

Name: _____ Date: _____

Target Behavior	How Often?	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Relaxation:								
Exercise:								
Nutrition:								
Time Mgmt:								
Sleep:								
Pleasurable Activity #1:								
Pleasurable Activity #2:								
Interpersonal Activity #1:								
Interpersonal Activity #2:								
Daily Mood Logs/ Thought Records								
Readings:								
Mood Check (1-10; 1=Great; 10=Horrible)								

COMMENTS:
