

Target Behavior	How Often?	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Relaxation: Breathing	4x	X		X		X		
Exercise: Gym - 30 min.	4x	X			X	X		
Nutrition: Coffee 4 -> 2	All	X			X	X		
Time Mgmt: Make lists	All		X		X		X	
Sleep: Bed by midnight	All	X			X	X		
Pleasurable Activity #1: Music - 30 min.	4x	X		X	X		X	X
Pleasurable Activity #2: Read Comics	4x		X			X	X	X
Interpersonal Activity #1: Dinner w/ Bob					X			
Interpersonal Activity #2: Pizza w/ Anne							X	
Daily Mood Logs/ Thought Records	All	X	X		X		X	
Readings: Mind over Mood	4x	X			X			X
Mood Check (1-10; 1=Great; 10=Horrible)		3	4	8	2	2	6	8

COMMENTS: I realize that I need to do most of these things to feel good. Next week I'm going to be more consistent...and feel even better! Also, exercise seems to make a big difference for me.