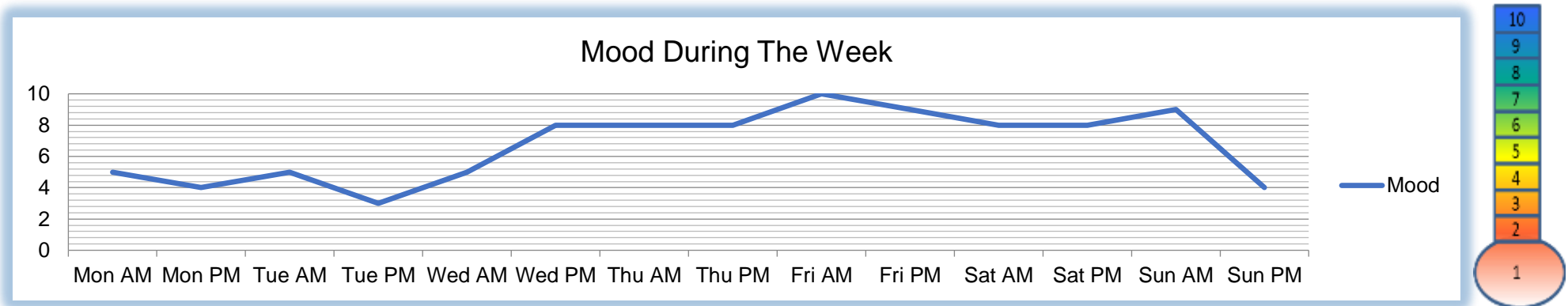


Activity-Mood Monitor

Plan and undertake activities for each day of the week. Use the Barometer to rate your overall mood for each day.

Instructions: Use this chart to plan helpful, rewarding and enjoyable activities for each day of the week. Try to think of a minimum of one activity for each AM and PM box. Examples can include simple things such as cooking a favourite meal, cleaning and washing, gardening, tidying a room, decorating, visiting a friend, meeting for coffee, going for a walk, swimming, washing the car, going to the cinema, shopping, planning a short trip, undertaking repairs, hobbies such as knitting, fishing, and cycling, joining an interest group, learning a new skill or language.



To insert information, please “right click” on the mood chart and select “Edit Data”. Insert a number between 1-10 to plot your mood.

1-3 - Low Mood / Feeling Unsafe 4-5 - Moderate Mood / Feeling Neutral 6-8 - Good Mood / Feeling Content 9-10 - High Mood / Feeling Excited

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM	AM	AM	AM	AM	AM	AM
Activity	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"
	PM	PM	PM	PM	PM	PM	PM
Activity	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"	"Write your activity in here"