Note down your activities for each hour of the day. This only needs to be a brief description such as “walking”, “watching TV”, “making breakfast”. In the narrow columns rate your Enjoyment levels E 0-10 and Achievement levels A 0-10, where 0 represents no sense of enjoyment or achievement and 10 the most you could imagine.

	MON		TUES		WED		THURS		FRI		SAT		SUN	
Example 9 - 10	Got up, washed	E1 A4	Ate toast	E3 A0	Read a chapter	E2 A6	Walked to shops	E5 A2						
9 - 10														
10 – 11														
11 – 12														
12 – 1														
1 - 2														
2 – 3														
3 – 4														
4 – 5														
5 – 6														
6 – 7														
7 – 8														
8 - 12														