Pivot Behavioral Health
Activity Log

Instructions: Fill in the date of the first day. Write a word or two about what you did for each hour. It's okay if activities span multiple hours or if you have blank spots. Within each block of time, rate each **activity** on 1-10 scale for the sense of **pleasure** and on 1-10 scale for the sense of **accomplishment** you gained from each activity (for example, "watched TV, P6, A4"). Then, rate your overall **mood** for the day, where 0 = "Feeling the worst" and 10 = "Feeling the best."

Date: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM							
7AM							
8AM							
9AM							
10AM							
11AM							
12AM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							
11PM							
12AM							
Mood							