

Positive Activities For Behavioral Activation

The goal of behavioral activation is to incorporate reward-oriented behavior into your daily routine. Below is a chart of positive activities for you to record. Each week record 3 activities to try, the date and time you intend to complete the activity, and any notes including things like how the activity made you feel, if you enjoyed the activity, what you will try differently, and if you will continue the activity in the following week.

Begin with filling out week 1 and at the end of each week record activities to carry over or new activities to try for the following week.

Week 1

| Activity | Date(s) / time(s) | Notes |
|----------|-------------------|-------|
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Week 2

| Activity | Date(s) / time(s) | Notes |
|----------|-------------------|-------|
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Week 3

| Activity | Date(s) / time(s) | Notes |
|----------|-------------------|-------|
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Week 4

| Activity | Date(s) / time(s) | Notes |
|----------|-------------------|-------|
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