

Behavioral Activation Plan

This worksheet helps you schedule meaningful, enjoyable, or productive activities. When you are feeling depressed or unmotivated, acting often comes before feeling motivated. Small steps can help improve mood, increase energy, and create positive momentum.

Instructions

Identify activities that are meaningful, pleasurable, or support your well-being. Schedule them into your week, then track whether you completed them and how they affected your mood.

Activities to Schedule

Activity: _____

Why Is This Important to Me?

Day/Time Planned _____

Activity: _____

Why Is This Important to Me?

Day/Time Planned _____

Activity: _____

Why Is This Important to Me?

Day/Time Planned _____

Activity Tracking

Date Activity Completed: _____ / _____ / _____

Mood Before Activity (0 to 10) _____ Mood After Activity _____

Notes

Date Activity Completed: _____ / _____ / _____

Mood Before Activity (0 to 10) _____ Mood After Activity _____

Notes

Date Activity Completed: _____ / _____ / _____

Mood Before Activity (0 to 10) _____ Mood After Activity _____

Notes

Reflection Questions

Which activities improved your mood the most?

What barriers made it difficult to complete activities?

What helped you follow through with your plan?

What activities would you like to continue next week?

Next Small Step

One activity I will commit to completing within the next 24 hours:

Date/Time Completed: _____