



# Activity record, one week

An Everyday Insight tool  
myactivityrecord.com



Week of \_\_\_\_\_ The feeling I am following \_\_\_\_\_

In each box, write what you were doing, then rate F for the feeling, P for pleasure, and M for mastery, each 0 to 10. Night covers midnight to 6 AM.

|       | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| 6 AM  |        |         |           |          |        |          |        |
| 7 AM  |        |         |           |          |        |          |        |
| 8 AM  |        |         |           |          |        |          |        |
| 9 AM  |        |         |           |          |        |          |        |
| 10 AM |        |         |           |          |        |          |        |
| 11 AM |        |         |           |          |        |          |        |
| 12 PM |        |         |           |          |        |          |        |
| 1 PM  |        |         |           |          |        |          |        |
| 2 PM  |        |         |           |          |        |          |        |
| 3 PM  |        |         |           |          |        |          |        |
| 4 PM  |        |         |           |          |        |          |        |
| 5 PM  |        |         |           |          |        |          |        |
| 6 PM  |        |         |           |          |        |          |        |
| 7 PM  |        |         |           |          |        |          |        |
| 8 PM  |        |         |           |          |        |          |        |
| 9 PM  |        |         |           |          |        |          |        |
| 10 PM |        |         |           |          |        |          |        |
| 11 PM |        |         |           |          |        |          |        |
| Night |        |         |           |          |        |          |        |

