

Activity record, one day

myactivityrecord.com

Date _____ The feeling I am following _____

Each hour, write what you were doing. Then rate the feeling, pleasure, and mastery from 0 (not at all) to 10 (as much as it gets).

Hour	What I was doing	Feeling	Pleasure	Mastery
12 AM				
1 AM				
2 AM				
3 AM				
4 AM				
5 AM				
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				

How to fill it in

- 1 Pick one feeling to follow.**
The one you most want to understand right now. Anxious, low, irritable, lonely, content.
- 2 Each hour, write a few words.**
Commute. Emails. Lay on the couch scrolling. Concrete enough to recognize next week.
- 3 Rate the hour, not the day.**
0 means not at all and 10 means as much as it gets. Use the whole range.
- 4 Pleasure and mastery are optional.**
Pleasure is how much you enjoyed the hour. Mastery is how much it felt like an achievement, given how things are for you.
- 5 Write it close to the hour.**
If you miss some, fill them in later by walking through the day in order. Blank hours are fine.
- 6 Keep it for a week or two.**
Then look for times of day, days of the week, and activities that go with higher or lower ratings.

An example morning, following anxiety

Hour	What I was doing	Anxious	Pleasure	Mastery
7 AM	Woke early, lay in bed going over the day	7	1	0
8 AM	Breakfast, checked email	6	3	2
9 AM	Worked on the report	4	2	6
10 AM	Team meeting	8	1	3
11 AM	Answered messages	6	2	4
12 PM	Lunch outside with Sam	2	8	1

Even one morning has a shape. Anxiety was highest in the meeting at 10, with lying in bed at 7 close behind, and lowest at lunch, which was also the most enjoyable hour. It was lower while working on the report, and that hour gave the most sense of achievement. One morning is only a snapshot. After a week or two, patterns like these become clearer.

Educational material, not medical advice or a substitute for professional care. If you may be in crisis, contact your local emergency number or a crisis line now. In the United States, call or text 988.