



Behavioral Activation Weekly Planner

Name: _____

Date: _____

Instructions: At the start of the week, plan one activity for each day. After you complete each activity, rate your mood before and after, and your sense of accomplishment.

Day	Planned Activity	Mood Before (0–10)	Mood After (0–10)	Accomplishment (0–10)
Monday				
Tuesday				
Wednesday				
Thursday				



Friday				
Saturday				
Sunday				

End of Week Reflection

Which activity had the biggest positive effect on your mood?

What got in the way of activities you didn't complete?



What's one activity you want to repeat next week?