|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |

**Activity Planner**

Part of feeling good is about planning and carrying out activities that we enjoy. Write down what you did and how you feel. rate how each activity makes you feel 1-100 e.g. "I went to the gym, feeling good 90%"