

HabitDex — Behavioral Activation —

Weekly Schedule

Action comes before motivation. Plan small, mood-boosting activities — then track how you actually feel.

Week of: _____ Rate your mood 1–10 *after* each activity — the numbers build proof that activity lifts mood.

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10
Afternoon	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10
Evening	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10	mood: __/10

Activity menu (fill once, pick daily)

Small (5–15 min): _____

Medium (30–60 min): _____

Social (any length): _____

Start smaller than feels reasonable. On hard days, one 5-minute activity counts — the win is doing something planned, not doing something big.