

Pleasant Activities Log

- List **Pleasant Activities** that you plan to do this week.
- Place a check mark next to each activity that you tried.
- Count how many activities you did each day.

Pleasant Activities	Mon _/_	Tue _/_	Wed _/_	Thu _/_	Fri _/_	Sat _/_	Sun _/_
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
Totals for each day:							

