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 2/1	Tue 2/2	Wed 2/3	Thu 2/4	Fri 2/5	Sat 2/6	Sun 2/7
1. read a magazine		√				√	
2. listen to music	√		√	√		√	√
3. go to the zoo			√				
4. dance					√		
5. see photo albums	√			√			
6. craft			√			√	
7. watch television		√	√		√	√	√
8. sort out linen closet				√			
9. go to church							√
10. exercise	√			√			√
Totals for each day:	**3**	**2**	**4**	**4**	**2**	**4**	**4**

4 PLEASANT ACTIVITIES A DAY KEEPS THE BLUES AWAY