

Home Practice:
PLEASANT ACTIVITIES TRACKING FORM

Week _____

List Pleasant Events in the first column, and then check off how many times you did them each day. The goal is FOUR pleasant activities per day.

	4/8	4/9	4/10	4/11	4/12	4/13	4/14
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
Totals for each day:							

Remember, the more you practice, the easier it will be to use these skills in your everyday life.