

Behavioural Activation Planner

Behavioural Activation (BA) helps to lift mood by gently scheduling activities that bring a sense of pleasure or achievement. Use this planner to map small steps into your week and reflect on how they affect your mood.

Day	Morning Activity	Afternoon Activity	Evening Activity	Mood Rating (1–10)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Tips for use:

- Balance activities that bring pleasure (e.g. music, a walk, favourite food) with those that give a sense of achievement (e.g. tidying, paying a bill, work tasks).
- Start small: even 5–10 minutes of activity can help shift mood.
- Review your mood rating each day to see which activities support you most.
- Share your plan with a supporter, friend, or clinician if that helps accountability.

This sheet is for personal use. It is not a substitute for medical advice. If your mood worsens, please contact a health professional or call Samaritans at 116 123 (UK & Ireland, free 24/7).