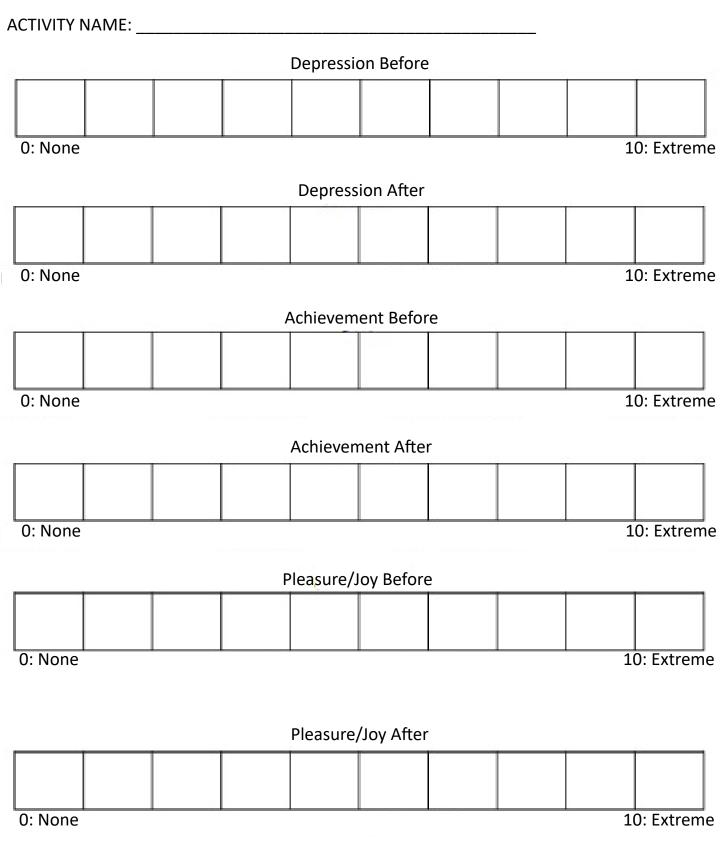# Activity Log

Use this to track how you feel Before and After an activity ...

ACTIVITY NAME: _____

Depression Before

0: None   10: Extreme

Depression After

0: None   10: Extreme

Achievement Before

0: None   10: Extreme

Achievement After

0: None   10: Extreme

Pleasure/Joy Before

0: None   10: Extreme

Pleasure/Joy After

0: None   10: Extreme

Notes: