

WORKSHEET 3.7: QUICK MOOD SCALE & PLEASANT ACTIVITIES



- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many pleasant activities you do each day. Is there a relationship between your mood and the number of pleasant activities

	MON	TUE	WED	THU	FRI	SAT	SUN
DATE:	_____	_____	_____	_____	_____	_____	_____
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
WORST MOOD	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
Number of PLEASANT Activities:	_____	_____	_____	_____	_____	_____	_____