

Behavioural Activation Planner

Small, scheduled actions can restart mood and motivation. Keep it tiny and repeatable.

Day	Body (move)	Connection	Meaning/Pleasure	Mood (0–10)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Tips

- Choose actions you can finish in 2–10 minutes.
- Do them even if motivation is low.
- Review at the end of the week and keep what helped.