

Behavioral Activation Planner

Why It Helps

Scheduling small, meaningful actions increases contact with reward and improves mood over time.

Values & Activities Brainstorm

Value	Small Action (10–20 min)	When	Barrier	Plan/Support

Weekly Schedule

Check off activities as you complete them and note mood changes.

Day	Morning	Afternoon	Evening
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

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