

CBT Daily Activity Diary With Enjoyment And Mastery Ratings

Mastery in hobbies	0 can't do it	2 I'm able to do it	5 expert in doing it
Daytime			
afternoon			
Night time			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY TIME	DAY TIME	DAY TIME	DAY TIME	DAY TIME	DAY TIME	DAY TIME
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
NIGHT TIME	NIGHT TIME	NIGHT TIME	NIGHT TIME	NIGHT TIME	NIGHT TIME	NIGHT TIME

