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FORM 10.4

Weekly Activity Scheduling: Pleasure Predicting and Actual Outcome

Directions: For each hour of the week fill in what you *plan to do* and how much pleasure (and effectiveness) you *think you will experience* using a scale of P0 (no pleasure) to P10 (most pleasure that you can imagine), with P5 indicating a moderate amount of pleasure. Note the amount of effectiveness—or feeling of competence—and rate your experience from E0 to E10. For example, if you predict that you will derive a pleasure rating of 6 and an effectiveness rating of 4 if you exercise at 8 A.M. on Monday, then write "exercise, P6 and E4" in the box for Monday at 8 A.M. Then write out what you actually experienced in pleasure and effectiveness.

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M. 6							
7							
8							
9							
10							
11							
12 noon							
P.M. 1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12 midnight							
1–6 A.M.							