

DAY	What pleasurable activity I'm going to do	What time I did it	Mood Score before and after each activity (out of 10)	Was this activity helpful or unhelpful?	Reason why helpful or unhelpful
Mon			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
Tues			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
Weds			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
Thurs			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
Fri			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
Sat			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
Sun			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	
			Before: After:	<input type="checkbox"/> Helpful <input type="checkbox"/> Unhelpful	