Weekly activity plan

Plan lightly. Blank days are allowed; care, recovery and support count. Add dates beside the days if useful.

Editable PDF: replace or delete the fictional examples. Blank PDF: print and write. Guidance follows.

What matters most this week, including care and recovery

e.g. Basic care and a little contact with someone I trust.

Possible obstacle / support / smaller step

e.g. Low energy; choose a smaller activity and ask for support.

Day	Small action + cue / time	What happened + useful learning
Mon	e.g. After breakfast: send Alex a text.	e.g. Sent it; a small sense of connection.
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

One adjustment for next week

e.g. Keep the steps small and plan around my energy.

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Using this resource

Weekly activity plan

What this helps with

Behavioural activation is more than filling a diary. It involves choosing activities that address your own pattern of withdrawal and lack of rewarding or meaningful experiences, then learning from practice. This planner helps you schedule a modest selection of actions alongside necessary care and recovery. Start with fewer activities than you think you ought to manage. The review considers feasibility, barriers and meaning, not just whether mood improved immediately. A missed activity is information that can help shape the next plan.

How to use it

1. Use your diary or values menu to choose a small number of useful actions.
2. Schedule each with a realistic day, cue and size; include rest and practical needs.
3. Predict a benefit or learning question, without requiring enjoyment.
4. After the activity, record what happened and any connection, accomplishment or obstacle.
5. At the end of the period, keep, reduce or change activities based on what you learnt.

A fictional worked example

Mo's plan for the coming week contains three small actions: make breakfast before opening social media on Monday, send a message to a friend on Wednesday and spend ten minutes on a hobby at the weekend. He keeps his medical appointments and rest needs in view. Breakfast happens; the message is delayed because he feels unsure what to say; the hobby is manageable but not very enjoyable. In review he keeps breakfast, makes the message shorter and plans another brief hobby period to gather more information. He does not add extra activities as punishment for missing one or assume the plan failed because his mood stayed low.

Keep in mind

Do not create an exhausting catch-up schedule. Adapt activities to physical health, disability, resources and responsibilities. If you notice a marked change such as very little need for sleep with unusual energy or impulsivity, seek clinical advice rather than simply increasing activation.

Sources and attribution

Martell, C. R., Dimidjian, S., & Herman-Dunn, R. (2022). Behavioral activation for depression: A clinician's guide (2nd ed.). Guilford Press.

NICE (2022). Depression in adults: treatment and management (NG222).

Original material informed by the sources above. No outside organisation endorses this worksheet.

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