

## FORM 2.6. Patient's Weekly Planning Schedule: Predicting Pleasure and Mastery

---

Date: \_\_\_\_\_

*Instructions:* For each hour of the week, fill in what you *plan to do* and how much pleasure and mastery you *think you will experience*. To rate pleasure, use a scale where 0 = "no pleasure" and 10 = "the most pleasure you can imagine," with 5 indicating a moderate amount of pleasure. For example, if you predict that you will derive a pleasure rating of 6 if you exercise at 8 A.M. on Monday, then write "exercise, 6" in the box for Monday at 8 A.M. To rate mastery (the feeling of effectiveness or accomplishment you get from an activity), use a similar 0–10 scale, and write the rating as the second number after the activity (e.g., "exercise, 6/8").

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 A.M.							
7							
8							
9							
10							

(cont.)

**FORM 2.6.** Patient's Weekly Planning Schedule: Predicting Pleasure and Mastery (p. 2 of 3)

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11							
12 noon							
1 P.M.							
2							
3							
4							
5							
6							

(cont.)

**FORM 2.6.** Patient's Weekly Planning Schedule: Predicting Pleasure and Mastery (p. 3 of 3)

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7							
8							
9							
10							
11							
12 midnight							
1-6 A.M.							