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| **Weekly Behavioral Activation Schedule** | | | |
| *Create a schedule of activities that will help you to have more positive experiences in your day, especially when you are feeling depressed or unmotivated.* | | | |
| **Day** | **Morning** | **Afternoon** | **Evening** |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |