Special Learning, Inc.
www.special-learning.com

325 Sharon Park Drive, Unit 647
Menlo Park, CA 94025

(800)806-5718

Activity Rating Chart
Positive Activities for Behavioral Activation

Create a list of activities that you find rewarding.
Rate each activity in two ways: 10 being very easy or rewarding and 1 being difficult or not at all rewarding
1. How easy the activity will be for you to complete
2. How rewarding it is

Activity	Ease (1-10)	Rewarding (1-10)
Example: Go for a walk	9	6

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