**Activity Tracking**

Use this tracking chart to keep tally of how often you are engaging in certain activities. These activities may be related to mindfulness (deep breathing, grounding, etc..); gratitude (journaling, gratitude walk, etc…); strides towards goals (following SMART goal outline, etc…); or alternative coping (automatic thought records, behavioural experiments, activity lists, distress tolerance skills, etc…)

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| **Day/Date/Time/Location/Activity Completed** | **Difficult Thoughts & Feelings that Showed Up/Challenges & Barriers** | **Resources Used or Needed** | **Outcomes (positive, negative, or neutral) & Learning Opportunities** |
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| **Day/Date/Time/Location/How Long Activity Lasted** | **Difficult Thoughts & Feelings that Showed Up/Challenges & Barriers** | **Resources Used or Needed** | **Outcomes (positive, negative, or neutral) & Learning Opportunities** |
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