

FORM-3
ASFAQ HUSSAIN COUNSELING SERVICE
ACTIVITY LOG

S.N.	ACTIVITY	RATING
1		
2		
3		
4		

Directions; - Take a few minutes and think back over you did today. Select the 3-4 most important activities of the day and list them above. Don't be concerned about why an activity is important to you for whatever reason, put it down. What seems like unimportant activity on one day, may seem unimportant on another day. Don't worry about that. For each day, regardless of how they were compared to the activities on other days. It is essential that you list 3-4 activities each day. After you have listed the activity, rate each activity, using the 0-100 point scale. You can also take help from form-2 for choosing any activity.

Rating Scale

0 10 20 30 40 50 60 70 80 90 100

Extremely Unpleasant Moderate Extremely Pleasant

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