

**FORM-4**  
**ASFAQ HUSSAIN COUNSELING SERVICE**  
**ACTIVITY SCHEDULING**

**PART-1**

ACTIVITY PLANNED ;- \_\_\_\_\_

DATE PLANNED FOR:- \_\_\_\_\_

I WILL ENJOY ;-

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**PART-2**

RATING OF ENJOYMENT (AFTER COMPLETION)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Directions: - Plan an activity, which you like most in usual day, at least 7 days before doing that planned activity. You also plan what and how will you enjoy it. Describe it, in at-least 3 points and write it down in part-1. After completion of activity, rate each enjoyment using rating scale 0-100 points in part-2

**Rating Scale**

0	10	20	30	40	50	60	70	80	90	100
Extremely Unpleasant			Moderate				Extremely Pleasant			