<table>
<thead>
<tr>
<th>#</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Read the latest news of the country</td>
</tr>
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<td>2</td>
<td>Learn new facts about sports</td>
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<td>3</td>
<td>Reading someone new of the same</td>
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<td>4</td>
<td>Talking about sports</td>
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<tr>
<td>5</td>
<td>Visiting contribution to television</td>
</tr>
<tr>
<td>6</td>
<td>weed against expensive or formal clothes</td>
</tr>
<tr>
<td>7</td>
<td>Going to the races (house, car)</td>
</tr>
<tr>
<td>8</td>
<td>Going to a bar, tavern, club, etc.</td>
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<tr>
<td>9</td>
<td>Planning tips or variations</td>
</tr>
<tr>
<td>10</td>
<td>Doing a rock concert</td>
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<tr>
<td>11</td>
<td>Being at the beach</td>
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<tr>
<td>12</td>
<td>Picture things for myself</td>
</tr>
<tr>
<td>13</td>
<td>Rock climbing or mountaineering</td>
</tr>
<tr>
<td>14</td>
<td>Reading the scriptures or other</td>
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<tr>
<td>15</td>
<td>Dressing, making (knitting, etc.)</td>
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<tr>
<td>16</td>
<td>Taking part in military activities</td>
</tr>
<tr>
<td>17</td>
<td>Refreshing or redecorating my room or house</td>
</tr>
<tr>
<td>18</td>
<td>Watching TV</td>
</tr>
<tr>
<td>19</td>
<td>Listening to music</td>
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<tr>
<td>20</td>
<td>Reading, novels, poems, articles</td>
</tr>
<tr>
<td>21</td>
<td>Going to the races (house, car)</td>
</tr>
<tr>
<td>22</td>
<td>Going to a bar, tavern, club, etc.</td>
</tr>
<tr>
<td>23</td>
<td>Listening to classical</td>
</tr>
<tr>
<td>24</td>
<td>Listening to music</td>
</tr>
<tr>
<td>25</td>
<td>Driving skillfully</td>
</tr>
<tr>
<td>26</td>
<td>Refreshing clean air</td>
</tr>
<tr>
<td>27</td>
<td>Thinking up or arranging a song of</td>
</tr>
<tr>
<td>28</td>
<td>Drinking drunk</td>
</tr>
<tr>
<td>29</td>
<td>Potlach a „How to do it“ book or</td>
</tr>
<tr>
<td>30</td>
<td>Going to a sports career</td>
</tr>
<tr>
<td>31</td>
<td>Going to the country</td>
</tr>
<tr>
<td>32</td>
<td>Reading a „How to do it“ book or</td>
</tr>
<tr>
<td>33</td>
<td>Listening to music</td>
</tr>
<tr>
<td>34</td>
<td>Going to the races (house, car)</td>
</tr>
<tr>
<td>35</td>
<td>Reading, novels, poems, articles</td>
</tr>
<tr>
<td>36</td>
<td>Going to a bar, tavern, club, etc.</td>
</tr>
<tr>
<td>37</td>
<td>Listening to classical</td>
</tr>
<tr>
<td>38</td>
<td>Listening to music</td>
</tr>
<tr>
<td>39</td>
<td>Driving skillfully</td>
</tr>
<tr>
<td>40</td>
<td>Refreshing clean air</td>
</tr>
<tr>
<td>41</td>
<td>Thinking up or arranging a song of</td>
</tr>
</tbody>
</table>

Pleasant Events Schedule (cont.)
74. Writing informal letters
75. Woodworking carpentry
60. Driving long distances
49. Taking a shower
48. Playing cards
47. Taking powerful drugs
46. Having lunch with friends or
45. Sharing
44. Chilling with someone
43. Contemplating, etc
42. Doing or wedding preparations,
41. Laughing
40. Completing a difficult task
39. Playing cards
38. Thinking about something good in
the future
37. Working on machines (cars, bikes)
36. Working in politics
35. Exposing (hiking away from known
routes; sleeping, etc.)
34. Thinking about myself or my
problems
33. Writing a problem, puzzle, cross-
word, etc.
32. Solving a problem, puzzle, cross-
word, etc.
31. Woodworking carpentry
30. Driving long distances
29. Working on my job
28. Thinking about myself or my
problems
27. Singing in a group
26. Having a snack and open con-
versation
25. Exposing (hiking away from known
routes; sleeping, etc.)
24. Thinking about myself or my
problems
23. Working on my job
22. Singing in a group
21. Having a snack and open con-
versation
20. Woodworking carpentry
19. Driving long distances
18. Working on my job
17. Singing in a group
16. Having a snack and open con-
versation
15. Woodworking carpentry
14. Driving long distances
13. Working on my job
12. Singing in a group
11. Having a snack and open con-
versation
10. Woodworking carpentry
9. Driving long distances
8. Working on my job
7. Singing in a group
6. Having a snack and open con-
versation
5. Woodworking carpentry
4. Driving long distances
3. Working on my job
2. Singing in a group
1. Having a snack and open con-
versation
Pleasure Events Schedule (cont.)

- Playing cards
- Golf
- Tennis
- Swimming
- Fishing
- Hiking
- Gardening
- Pottery
- Drawing
- Reading
- Writing
- Dancing
- Movie
- Concert
- Theater
- Music
- Art
- Food
- Travel
- Shopping
- Dining
- Drinking
- Socializing
- Gambling
- etc.

Pleasure Events Schedule (cont.)
| 113. | Eating good meals |
| 114. | Seeing beautiful scenery |
| 115. | Talking about my health |
| 116. | Going to a revised or closing |
| 117. | Meeting someone new at the opposite |
| 118. | Playing cards or music |
| 119. | Meeting, court session, etc. |
| 120. | Going to school or government |
| 121. | Meeting friends come to visit |
| 122. | Listening to the radio |
| 123. | Reading, TV, movies, etc. |
| 124. | Making a major purchase or invest |
| 125. | Working on my finances |
| 126. | Doing something for my family |
| 127. | Watching the sky, clouds, or storm |
| 128. | Going on outings (to the park, a |
| 129. | Meeting friends, card games, etc. |
| 130. | Going to a movie, concert, etc. |
| 131. | Reading maps |
| 132. | Giving a speech or lecture |

Pleasant Events Schedule (con't)
Pleasant Events Schedule (cont.)

166. Thinking about people I like

170. Horseback riding
169. Being with my parents
168. Taking someone on someone
167. Being at a hospitality or society.

161. Having someone critique me
160. Complaining to or praising someone
159. Having a health clinic, dance hall
158. Being bullied as sexually attractive
157. Listening to something new
156. Taking someone
155. Hating same time
154. Doing a job well
153. Writing papers, essays, articles
152. Going to a museum or exhibition
151. Hearing good news
150. Practicing in a musical group
149. Hunting or fishing
148. Wrestling or boxing
147. Being downtown

146. Improving my health (having my

145. Having a spare time
144. Doing a good job
143. Writing a memo or article
142. Planning sports (admission
141. Riding horses, riding, etc.
140. Seeing famous people
139. Going to the movies
138. Knowing people
137. Meeting new people
136. Going to school tournaments, summits, etc.

135. Going to school tournaments, summits, etc.
134. Riding horses, riding, etc.
133. Knowing people
132. Meeting new people
131. Going to school tournaments, summits, etc.

130. Being praised by people I admire
129. Cooking meals
128. Baking praised by people I admire
127. Feeling proud of the Lord
126. Opening a "supporter"
125. Owing debt to the Lord
124. Caring for the Lord
123. Pleading for the Lord

122. Meeting people at the Lord's table
121. Feeling proud of the Lord
120. Opening a "supporter"
119. Knowing people
118. Meeting new people
117. Seeing famous people
116. Going to the movies
115. Having a spare time
114. Doing a good job
113. Writing a memo or article
112. Planning sports (admission
111. Riding horses, riding, etc.
110. Knowing people
109. Meeting new people
108. Going to school tournaments, summits, etc.

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101. Caring for the Lord
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98. Meeting new people
97. Seeing famous people
96. Going to the movies
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93. Writing a memo or article
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90. Knowing people
89. Meeting new people
88. Going to school tournaments, summits, etc.

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81. Caring for the Lord
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76. Going to the movies
75. Having a spare time
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68. Going to school tournaments, summits, etc.

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3. Opening a "supporter"
2. Owing debt to the Lord
1. Caring for the Lord
0. Pleading for the Lord

**Pleasant Events Schedule (cont.)**

- 263. Reading the newspaper
- 262. Taking a shower
- 261. Getting ready in the morning
- 250. Exercising, taking old things
- 199. Filling my stomach
- 186. Visiting friends
- 175. Phone conversations or other
- 170. Being invited out
- 160. Doing a project in my own way
- 159. Crying
- 158. Cleaning the house
- 157. Doing the dishes
- 156. Being asked for advice
- 155. Being read from the book
- 154. Taking a break from work
- 153. Taking a break from the job
- 152. Taking a break from the job
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- 6. Taking a break from the job
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- 4. Taking a break from the job
- 3. Taking a break from the job
- 2. Taking a break from the job
- 1. Taking a break from the job

**207. Being considered**

- 206. Planning a project
- 205. Writing in a diary
- 204. Visiting friends
- 203. Doing experiments or other
- 202. Having dinner and getting

**201. Getting early in the morning**

- 200. Renewing life, taking advice

**199. Having a coffee break**

- 198. Listening to music, hearing about old times

**197. Receiving proposals (etc., military, etc.)**

- 196. Being invited out

**195. Going to a restaurant**

- 194. Crying

**193. Washing my hair**

- 192. Singing a party or get-together
- 191. Being a family reunion or
- 190. Being a family reunion or
- 189. Being a family reunion or
- 188. Crying

**187. Doing a project in my own way**

**186. Doing a project in my own way**

**Pleasant Events Schedule (cont.)**
<table>
<thead>
<tr>
<th>Activity</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>181. Doinig volunteer work,</td>
<td>299.</td>
</tr>
<tr>
<td>working on an internship</td>
<td>299.</td>
</tr>
<tr>
<td>182. Going to auction, camera</td>
<td>299.</td>
</tr>
<tr>
<td>sale, etc.</td>
<td>299.</td>
</tr>
<tr>
<td>183. Helping with my children</td>
<td>299.</td>
</tr>
<tr>
<td>184. Being complimented or</td>
<td>299.</td>
</tr>
<tr>
<td>told I have</td>
<td>299.</td>
</tr>
<tr>
<td>185. Doing things with</td>
<td>299.</td>
</tr>
<tr>
<td>children</td>
<td>299.</td>
</tr>
<tr>
<td>186. Writing for a good cause</td>
<td>299.</td>
</tr>
<tr>
<td>187. Sewing</td>
<td>299.</td>
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<tr>
<td>188. Playing handball, paddles</td>
<td>299.</td>
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<tr>
<td>189. Collecting things</td>
<td>299.</td>
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<tr>
<td>190. Relaxing money</td>
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<tr>
<td>191. Having coffee, tea, coke,</td>
<td></td>
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<tr>
<td>etc.</td>
<td></td>
</tr>
<tr>
<td>192. Having a walk with</td>
<td></td>
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<tr>
<td>friends</td>
<td></td>
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<tr>
<td>193. Going on a hike, nature</td>
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<tr>
<td>194. Having people show</td>
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<tr>
<td>interest in</td>
<td></td>
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<tr>
<td>195. Doing with my husband,</td>
<td></td>
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<tr>
<td>wife</td>
<td></td>
</tr>
<tr>
<td>196. Expressing my love to</td>
<td></td>
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<tr>
<td>someone</td>
<td></td>
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<tr>
<td>197. Walking with others</td>
<td></td>
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<tr>
<td>198. Picking in sand, stems,</td>
<td></td>
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<tr>
<td>the grass, etc.</td>
<td></td>
</tr>
<tr>
<td>199. Smiling at people</td>
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<tr>
<td>200. Watching attractive</td>
<td></td>
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<tr>
<td>women or men</td>
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<tr>
<td>201. Thinking about my hobby,</td>
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<tr>
<td>special</td>
<td></td>
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<tr>
<td>202. Going to a burger's</td>
<td></td>
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<tr>
<td>lunch</td>
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<tr>
<td>203. Analyzing help or advice</td>
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<tr>
<td>204. Writing letters cards of</td>
<td></td>
</tr>
<tr>
<td>notes</td>
<td></td>
</tr>
</tbody>
</table>

*please review schedule (cont)*
| 319. Looking at the stars or moon |
| 318. Going to a play |
| 317. Playing Wii or Pes |
| 316. Attending a concert, opera, or ballet |
| 315. Going to a party or |
| departmental get-togethers |
| 314. Traveling |
| 313. Using my strength |
| 312. Teaching someone |
| 311. Seeing old friends |
| 310. Traveling with a group |
| 309. Borrowing something |
| or comic books |
| 308. Reading cartoon, comic strips |
| 307. Talking about my job at school |
| 306. Making a new friend |
| 305. Winning a competition |
| 304. Picking up a hitchhiker |
| 303. Hearing a good sermon |
| Shopping, fraud or abuse |
| 302. Defending or protecting someone |

Pleasant Events Schedule (cont.)