# Pleasure Predicting Sheet *

| Activity | Companion | Satisfaction | |
|---|---|---|---|
| Schedule activities with the potential for pleasure, learning, or personal growth. | Who do you plan to do this with? Schedule activities with friends and by yourself. | **Predicted (0 - 100):** Record this **before** each activity. | **Actual (0 - 100):** Record this **after** each activity. |
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