

Daily Activity Diary

1. Record: what you were doing during each time slot.

2. For each box rate ENJOYMENT and MASTERY (sense of achievement) from 0 (not at all) to 10 (a lot).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
07:00 – 08:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
08:00 – 09:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
09:00 – 10:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
10:00 – 11:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
11:00 – 12:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
12:00 – 13:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
13:00 – 14:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
14:00 – 15:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
15:00 – 16:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
16:00 – 17:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
17:00 – 18:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
18:00 – 19:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
19:00 – 20:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
20:00 – 21:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
21:00 – 22:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
22:00 – 23:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
23:00 – 00:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =

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