

My activity log – today's date _____

Date, time	Activity – what I did, with whom and where	Achievement	Closeness	Enjoyment	Important?
7 a.m.–8 a.m.					
8 a.m.–9 a.m.					
9 a.m.–10 a.m.					
10 a.m.–11 a.m.					
11 a.m.–12 noon					
12 noon–1 p.m.					
1 p.m.–2 p.m.					
2 p.m.–3 p.m.					
3 p.m.–4 p.m.					
4 p.m.–5 p.m.					
5 p.m.–6 p.m.					

