ACTIVITY DIARY 1

| Date: <br> - ---/- | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $9-10$ |  |  |  |  |  |  |  |
| $10-11$ |  |  |  |  |  |  |  |
| $11-12$ |  |  |  |  |  |  |  |
| $12-1$ |  |  |  |  |  |  |  |
| $1-2$ |  |  |  |  |  |  |  |



$$
\mathrm{P}=\text { Pleasure (from } 0 \text { to } 10 \text { ) }
$$

