



# EXPLORE:

## *Daily activity log*

Keep track of the things you do in a typical day or for several days, including eating, napping and sleeping. Think about what you do. Are there activities that take up most of your time? Do you have time to do the things you want to do? Are there times that are more stressful? More relaxing? Are you getting enough sleep? Think about your priorities and what you might want to add or subtract from your daily routine.

12:00 Midnight	12:00 Noon
1:00 am	1:00 pm
2:00 am	2:00 pm
3:00 am	3:00 pm
4:00 am	4:00 pm
5:00 am	5:00 pm
6:00 am	6:00 pm

7:00 am	7:00 pm
9:00 am	9:00 pm
10:00 am	10:00 pm
11:00 am	11:00 pm