

### Daily Activities Log

<b>Time</b>	<b>Activity</b>	<b>Pleasure Score /10</b> <b>Sense of pleasure achieved during the activity</b>	<b>Achievement Score /10</b> <b>Sense of achievement experienced after completing the activity</b>
7.00-8.00am			
8.00-9.00am			
9.00-10.00am			
10.00-11.00am			
11.00-12.00 noon			
12 noon to 1.00pm			
1.00-2.00pm			
2.00-3.00pm			
3.00-4.00pm			
4.00-5.00pm			
5.00-6.00pm			
6.00-7.00pm			
7.00-8.00pm			
8.00-9.00pm			
9.00-10.00pm			
10.00-11.00pm			