



Weekly activity diary

Notice how activity, mood and context influence one another

Record only enough to notice patterns. Include rest, care and connection as activities - not only tasks or productivity.

TIME / FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
AFTERNOON							
EVENING							

PATTERNS I NOTICE IN MOOD, ENERGY, CONTEXT OR SUPPORT
