



Weekly Activity Log

NAME:

WEEK ENDING:

No	Date/Time	Activity Description	How they Felt	Duration
1	e.g. 10th June at 1pm	Logged into Facebook	Happy	30 mins
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
		TOTAL DURATION		e.g. 30 mins

