|  |  |  |  |
| --- | --- | --- | --- |
|  | **Activity – What did you do?** | **Why did you pick this activity?** | **How did it make you feel? Do you feel more relaxed or prepared to work?** |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |