

A Record of One Week's Activities

Use the chart below to keep a record of your activities over the next week. Try to be concise, but be as complete and accurate as possible. (Examples: 6-7 am - Bible study & prayer; 8-10 pm - watched TV.)

	Morning	Afternoon	Evening	Special Notes
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				