

DATE: _____, Day 1 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

DATE: _____, Day 2 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

DATE: _____, Day 3 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

DATE: _____, Day 4 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

DATE: _____, Day 5 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

DATE: _____, Day 6 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

DATE: _____, Day 7 / 7:

	DESCRIPTION
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
Online activity	
Start time	
End time	
Longer than intended?	
Preceding activity?	
TOTAL TIME IN HOURS	

