

# Anne's activity diary



<b>Date and time</b>	<b>Activity</b> (include everything you do)	<b>How long did you do it for?</b>	<b>Pleasure felt</b> 0= No pleasure 10= maximum pleasure	<b>How much of an achievement was it given how you feel?</b> 0= No sense of achievement 10= maximum sense of achievement	<b>How much of a sense of closeness did you feel?</b> 0= No sense of closeness 10= maximum sense of closeness
6-7 AM	In bed, asleep	7 hours before this	/	/	/
7-8 AM	Woke up and listened to music on the radio	30 minutes	5	2	7 - he's my favourite DJ
8-9 AM	Got up and had a shower, cleaned my teeth.	40 minutes	3	6	1
9-10 AM	Made a coffee and had some toast	15 minutes	5	5	2
10-11 AM	Sat and rested for a time reading a letter from Jake	60 minutes	6	2	7
11-12 PM	Watched TV	50 minutes	5	2	2
12-1 PM	Did the ironing	45 minutes	6	8	2
1pm-2 PM	Mary called by, made her a drink	60 minutes	6	8	8