



Keep this diary to record your daily activities for a minimum of 7 days.

Date	Time
Self-care: taking care of oneself	
	←
Household duties: your routinely or daily light chores around house	
	←
Health and fitness:	
	←
Other activities: <i>This includes activities related to your day-to-day life that can be done alone, with family, friends or other people.</i>	
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