

\_\_\_\_\_ 's WEEKLY ACTIVITY LOG

Week of:	MON	TUE	WED	THU	FRI	SAT	SUN
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**KEY:**

X = Sleeping	PA = Physical Activity	S = School	HY = Hygiene	SM = Social Media
R = Reading	TV = Watching TV	V = Volunteering	W = Work	R = Relaxing
H = Homework	SA = Social Activity	C = Chore/Cleaning	EC = Extra-Curricular	CA = Creative Activity
SP = Sports Activity	T = Transportation	VG = Video Gaming	E = Eating a Meal	O = Other (Explain)

Notes: \_\_\_\_\_  
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