

EXAMPLE

The activity diary						12 00 ap.	TIME INTERVAL 30 MIN	>
AIKA	1. Day	2. Day	3. Day	4. Day	5. Day	6. Day	7. Day	
12:00 AM								
12:30 AM								
1:00 AM								
1:30 AM								
2:00 AM								
2:30 AM	Sleeping							
3:00 AM								
3:30 AM								
4:00 AM								
4:30 AM								
5:00 AM								
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM	Walked							
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM	home alone							
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Walked							
6:00 PM								
6:30 PM								

AIKA	1. Day	2. Day	3. Day	4. Day	5. Day	6. Day	7. Day
7:00 PM	walked						
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	at home						
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM	sleeping						
11:30 PM							