



## **Activity Log**

- For information on Activity Logs, visit <a href="www.mindtools.com/rs/ActivityLog">www.mindtools.com/rs/ActivityLog</a>.
- To manage your time and maximize your effectiveness, visit <u>www.mindtools.com/rs/MTFS</u>.

Date/Time	Activity Description	How I Feel	Duration	Value (High, Medium. Low, None)

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