



Participation Log

For use with Activity 4 - Participation Log

Use the chart below to log how you are spending large chunks of your time. Indicate if you are doing the activity daily or almost daily (Consistent) or occasionally (Sporadic). Reflect on how the various outcomes, thoughts, or reflections relate to the other aspects of the log.

Date	Time duration	Activity	Engagement Level Consistent (C) or Sporadic (S)	Outcome Thoughts Reflections

Date	Time duration	Activity	Engagement Level Consistent (C) or Sporadic (S)	Outcome Thoughts Reflections

