

<p><b>Day 1, Key event 1</b></p> <p>Time of day: _____</p> <p>Where I was: _____</p> <p>What happened:</p> <p>_____</p> <p>How I felt about it:</p> <p>_____</p>	<p><b>Day 1, Key event 2</b></p> <p>Time of day: _____</p> <p>Where I was: _____</p> <p>What happened:</p> <p>_____</p> <p>How I felt about it:</p> <p>_____</p>
<p><b>Day 2, Key event 1</b></p> <p>Time of day: _____</p> <p>Where I was: _____</p> <p>What happened:</p> <p>_____</p> <p>How I felt about it:</p> <p>_____</p>	<p><b>Day 2, Key event 2</b></p> <p>Time of day: _____</p> <p>Where I was: _____</p> <p>What happened:</p> <p>_____</p> <p>How I felt about it:</p> <p>_____</p>
<p><b>Day 3, Key event 1</b></p> <p>Time of day: _____</p> <p>Where I was: _____</p> <p>What happened:</p> <p>_____</p> <p>How I felt about it:</p> <p>_____</p>	<p><b>Day 3, Key event 2</b></p> <p>Time of day: _____</p> <p>Where I was: _____</p> <p>What happened:</p> <p>_____</p> <p>How I felt about it:</p> <p>_____</p>