

Day



What did you do today?

How much did it involve me?

Did the activity give me or take away energy?

Flow

6

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8

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13

14

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18

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20

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24



REPORT OF THE FIRST WEEK

Activities where I felt involved

Activities that gave me energy

I experienced flow (felt good, comfortable, capable of fulfilling the task...) when

REPORT OF THE SECOND WEEK

Activities where I felt involved

Activities that gave me energy

I experienced flow (felt good, comfortable, capable of fulfilling the task...) when
