For this questionnaire, we want to know how you have been spending your time. Please fill out this timeline in hour increments with the activities you have been engaging in on a typical day in the past two weeks.

For example, you could write things like “nap”, “PSYCH101 class”, “indoor exercise routine via zoom”, “sleeping”, “Preparing and eating lunch”, etc. Please be as descriptive and accurate as possible.

[List time in hour increments with text box response]

5-6 a.m. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6-7 a.m. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7-8 a.m. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

…

4-5 a.m. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_