

## Understanding Why

### Exercise 1: Daily internet Use record

Every day make sure to keep a record of the amount of time you spend online and the amount of time you spend downloading, or are involved with, pornography and indecent images.

- Under each day, shade in the column to indicate the hours that you have spent online.
- Record involvement with illegal activity in RED, high risk activity in AMBER, and low risk activity in GREEN.

This exercise will provide you with a visual record that will help you to recognise patterns in your behaviour and can show where you need to fill your time more positively.

Month: .....

Time	Mon .....	Tues .....	Wed .....	Thurs .....	Fri .....	Sat .....	Sun .....
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12am							
1am							
2am							
3am							
4am							
5am							