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| Date | Activity | Rating |
| 10/11/2024 | Prepared for an interview at 12pm – 2h (Med/Positive) | **A close-up of a measuring device  Description automatically generated** |
| 10/11/2024 | Interview with the Systems & Innovation Team Coordinators – 1h30m (High/Positive) | **A close-up of a measuring device  Description automatically generated** |
| 10/11/2024 | Playing with my kids at the park 1h30m (Med/Positive) | **A close-up of a measuring device  Description automatically generated** |
| 10/11/2024 | Configured a notebook to be used during classes – 2h (Low/Neutral) | **A close-up of a measuring device  Description automatically generated** |
| 10/12/2024 | I helped a family in my ward move – 2h (High/Positive) | **A close-up of a measuring device  Description automatically generated** |
| 10/12/2024 | Went to an Endowment session at the Temple – 2h (High/Positive) | **A close-up of a measuring device  Description automatically generated** |
| 10/12/2024 | Took my family to a party of a kid form my ward - 3h (High/Positive) | **A close-up of a measuring device  Description automatically generated** |
| 10/12/2024 | Doing homework due for today – 2h (Low/Positive) | **A close-up of a measuring device  Description automatically generated** |
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