

Day	Activity	Time	Associated Feelings		Key	
Monday	Digital/Animation	4 hours	stressed		<u>Feelings</u>	anxious
			confused			nice
			frustrated			upset
			acomplished			brain fog
	painting	3 hours	happy			relaxed
			relaxed			stimulating
			accomplished		<u>Activites</u>	
	digital drawing	1 hour 30 mins	excited		Art I create	animating
			warm			digital drawing
			tired			painting
	videogames	3 hours	happy			watercolor
			relaxed			ink
			tired			makeup
	tv	2 hours	calm		Art I consume	tv
			warm			videogames
			tired			movie
Tuesday	watercolor	2 hours	calm		<u>Time</u>	1
			tired			2
			focused			3
	animating	1 hour	anxious			4
			annoyed			5
			frustrated			6
	videogames	1 hour	relaxed			
			tired			
			creative			
	tv	2 hours	tired			
			anxious			
	movie	2 hours 30 minutes	sad			
			upset			
Wednesday	makeup	2 hours	calm			
			happy			

			confident			
	videogames	4 hours	relaxed			
			tired			
			creative			
	tv	3 hours	relaxed			
			tired			
	animating	3 hours	focused			
			creative			
			tired			
Thursday	watercolor	2 hours	happy			
			relaxed			
			accomplished			
	animating	6 hours	confused			
			happy			
			nervous			
	makeup	1 hour	frustrated			
			confident			
	tv	2 hours	tired			
			calm			
Friday	makeup	2 hours	happy			
			confident			
	digital drawing	2 hours	focused			
			excited			
			frustrated			
	animating	2 hours	confused			
			accomplished			
			stresed			
	tv	1 hour	tired			
			calm			
	videogames	3 hours	tired			
			creative			

			happy			
	movie	2 hours	tired			
			nostalgic			
Saturday	makeup	1 hour	confident			
			happy			
	painting	3 hours	stressed			
			confused			
	movie	1 hour 30 minutes	happy			
			nostalgic			
			calm			
			creative			
	videogames	1 hour 30 minutes	confused			
			tired			
Sunday	Ink	3 hours	calm			
			confident			
			happy			
			creative			
	painting	3 hours	calm			
			accomplished			
	digital	2 hours	creative			
			stressed			
			playful			
	videogames	1 hour	tired			
			accomplished			
			happy			
	movie	2 hours	confused			
			tired			
	tv	2 hours	calm			
			tired			