## Procrastination Data Sheet

Date	Activity	On Time	# of Minutes Delayed	# of Prompts	Avoidance Behavior
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			
		yes no			