

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6-7 AM							
7-8 AM							
8-9 AM							
9-10 AM							
10-11 AM							
11-12 AM							
12-1 PM							
1-2 PM							
2-3 PM							
3-4 PM							
4-5 PM							
5-6 PM							
6-7 PM							
7-8 PM							
8-9 PM							
9-10 PM							
10-11 PM							
11-12 PM							
12-1 AM							
1-2 AM							
2-3 AM							
3-4 AM							
4-5 AM							
5-6 AM							

Module 1A - Understanding why

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Under each day, blacken the grey column to indicate the hours you spent online or the hours you had fantasies.

The white column next to it is for recording the nature of your online activity or fantasies. Illegal content will be listed in RED, high risk content in YELLOW and low risk content in GREEN

You can include how you feel to better see what is going on