CBT Activity Record

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 to 9	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
9 to10	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
10 to 11	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
11 to 12	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
12 to 13	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
13 to 14	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
14 to 15	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
15 to 16	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
16 to 17	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
17 to 18	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
18 to 19	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
19 to 20	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
21 to 22	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
22 to 23	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=
23 to 24	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=	A= P=