

Triggers and actions Gaming 14-Day Diary template - Over 11s

| WEEK 1 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| Games I played today: | | | | | | | |
| Why did I choose to play this game: | | | | | | | |
| How long I spent playing the game: | | | | | | | |
| Who I played with: | | | | | | | |
| Money spent on games | | | | | | | |
| Did any game make me feel angry/sad/happy or any other feeling? | | | | | | | |
| How did each game I played make me feel whilst I was playing: | | | | | | | |
| How did I feel when finishing playing a game: | | | | | | | |

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| WEEK 2 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|---|-------|-------|--------|--------|--------|--------|--------|
| Games I played today: | | | | | | | |
| Why did I choose to play this game: | | | | | | | |
| How long I spent playing the game: | | | | | | | |
| Who I played with: | | | | | | | |
| Money spent on games | | | | | | | |
| Did any game make me feel angry/sad/happy or any other feeling? | | | | | | | |
| How did each game I played make me feel whilst I was playing: | | | | | | | |
| How did I feel when finishing playing a game: | | | | | | | |