

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

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Games I played today:							
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?							



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WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Games I played today:							
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?							

