

Exercise 1: Daily Internet Use Record

Every day make sure to keep a record of the amount of time you spend online and the amount of time you spend downloading, or are involved with, pornography and indecent images.

- Under each day, shade in the grey column to indicate the hours that you have spent online.
- In the white column next to it, "traffic light" (Red, Amber, Green) when you access sexual activity on-line - Record involvement with illegal activity in RED, high risk activity in AMBER, and low risk activity in GREEN.
- You can include your mood states to record a pattern of these too.

This exercise will provide you will a visual record that will help you to recognise patterns in your behaviour and can show where you need to fill your time more positively. **To save your answers in the worksheet, print the document as a PDF.**

Month: _____

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