STEP 1: PROBLEM FINDING

ACTIVITY 1:
24-HOUR OBSERVATION PERIOD

Record your activities for a 24-hour period in detail.

Time & date started _____

Time & date completed _____

Be as specific as possible. Example: Instead of “slept 8 hours,” write “hung up robe, removed slippers, set alarm, closed shades, turned off light, crawled into bed, slept for 8 hours.”

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List any problems, complaints, etc. you had in this 24-hour period.

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