

Distraction Log

Date: M T W R F St Sn / /

First, describe how you're feeling today and the general state you're in (e.g., *not enough sleep, well rested, stressed, energetic, long hours lately*). Feel free to update throughout the day:

Distraction	Type	When did this happen? (list each time)	What were you doing right before it happened?	What did you do right after?
<i>EXAMPLE: Random thoughts I keep having like what I need to get done at home or things I need to grab at the grocery store.</i>	<i>EXAMPLE: Internal</i>	<i>EXAMPLE: 10:14; 10:45; 1:05; 2:45; 3:02; 3:50</i>	<i>EXAMPLE: Answering emails; reading for class; working on research for paper</i>	<i>EXAMPLE: Brushed it off and went back to work; same; same; started making to-do list for home; looked at hotels; got coffee then found my place again</i>

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