

**Reference: Appendix  
Activity 1: Heat / Monitoring Activity/Heat**

Directions: Record your activity for each time of day. Use either your own device, with either, online, or a friend's device, recording into each activity. Record your observations in the "Notes" column, and "Approx." and "Cal." indicating "how many" depression experienced. Record values on your activity sheet at least once 2-4 times each day.

	Time	Temp.	Hum.	Wind	Cloud	Cal.	Notes
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							
12:00am							