

PROCRASTINATION LOG

Activity	Thought about the Activity	Attempted Solution	Justification	Results
Write English	I am not going to do well on it	Take an Instagram "break"	It is not due until Thursday	Never Got to it
Math Homework: 20 Problems	I can do this easily. Does not make me anxious.	Completed assignment	I am good at math	Up till 1:30 a.m. Wed night Completed assignment