

Registro diario

Escribe lo que hiciste ayer por cada media hora. Si no te acuerdas, no pasa nada; pero haz la mejor aproximación posible.

7:00 a.m.	_____
7:30 a.m.	_____
8:00 a.m.	_____
8:30 a.m.	_____
9:00 a.m.	_____
9:30 a.m.	_____
10:00 a.m.	_____
10:30 a.m.	_____
11:00 a.m.	_____
11:30 a.m.	_____
12:00 p.m.	_____
12:30 p.m.	_____
1:00 p.m.	_____
1:30 p.m.	_____
2:00 p.m.	_____
2:30 p.m.	_____
3:00 p.m.	_____
3:30 p.m.	_____
4:00 p.m.	_____
4:30 p.m.	_____
5:00 p.m.	_____
5:30 p.m.	_____
6:00 p.m.	_____
6:30 p.m.	_____
7:00 p.m.	_____
7:30 p.m.	_____
8:00 p.m.	_____
8:30 p.m.	_____
9:00 p.m.	_____
9:30 p.m.	_____
10:00 p.m.	_____
10:30 p.m.	_____