

# BUFFERING PLAN

DATE OF PLANNED ACTIVITY (DRINKING, TV, SOCIAL MEDIA, ETC.)

---

---

WHAT WILL I DO (WHAT IS THE ACTIVITY)?

---

---

HOW MUCH OR HOW LONG WILL I DO THIS ACTIVITY?

---

---

WHY HAVE I DECIDED TO ENGAGE IN THIS ACTIVITY?

---

---

---

---

---

---

HOW WILL I FEEL BEFORE I ENGAGE IN THIS ACTIVITY?

---

---

---

---

---

---

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

[illegible]