

# BUFFERING PLAN

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

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WHAT WILL I DO (WHAT IS THE ACTIVITY)?

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HOW MUCH OR HOW LONG WILL I DO THIS ACTIVITY?

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WHY HAVE I DECIDED TO ENGAGE IN THIS ACTIVITY?

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HOW WILL I FEEL BEFORE I ENGAGE IN THIS ACTIVITY?

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[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.