



# Activity Log

Use this log to keep a written account of where your time is going during the course of the day.





Time	Planned Activities Started / Finished	Interruptions / Unexpected Actions	Value High, Medium, Low
6:00 AM			
6:30			
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			
12:00 PM			
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			
10:00			
10:30			

4 Ways to Order	
<b>By Mail</b>	Synergy Institute 7982 Westbury Ave. San Diego, CA 92126
<b>By Web</b>	www.SelfImprovementMag.com
<b>By Fax</b>	760-466-7564
<b>By Phone</b>	760-203-2252

# Subscription Order Form

- Bill Me Later  
 Payment Enclosed

*Self Improvement Magazine is a quarterly publication*

## U.S. Subscriptions

<input type="checkbox"/> 3 years \$89.00	<input type="checkbox"/> 2 years \$63.00	<input type="checkbox"/> 1 year \$35.00
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## Canadian Subscriptions

<input type="checkbox"/> 3 years \$99.00	<input type="checkbox"/> 2 years \$73.00	<input type="checkbox"/> 1 year \$45.00
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## International Subscriptions

<input type="checkbox"/> 3 years \$109.00	<input type="checkbox"/> 2 years \$83.00	<input type="checkbox"/> 1 year \$55.00
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## Shipping Address (Where Magazine/Order is to be Mailed):

Full Name:		Phone:
Street Address:		Apt/Suite #:
City:	State/Prov:	Postal Code:
Country:	E-mail:	

## Credit Card Billing Address

(  Check here if same as above)

Full Name:		Phone:
Street Address:		Apt/Suite #:
City:	State/Prov:	Postal Code:
Country:		

## Payment Type:

- Visa    Mastercard    American Express    Discover    Check/Cash Enclosed

Card Number:	Expiration date:	CID #:
<small>(CID # is the 3 digit security code on back of card. 4 digits on American Express card)</small>		
Card Holder Signature:		

## Additional Information:

Make checks payable to: **Synergy Institute**. If you have any questions, please email [Info@SelfImprovementMag.com](mailto:Info@SelfImprovementMag.com). Thank you for your business!