SMART Advice Consulting Limited

Day **I**n the **L**ife **O**f (DILO) Study

Start time	**Activity / Task / Event**	**Duration** (a)	**VA** (b)	**NVA** (c)	**NNVA** (d)
COLUMN TOTALS (add up each column for a, b, c and d)					
PERCENTAGE OF VA, NVA, NNVA (divide the total for each column by total time – a, then x 100)					

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