

COVID-19 JOURNAL

DATE	WHERE HAVE I BEEN?	WHEN WAS I THERE?	WHO DID I ENCOUNTER?	WHAT AM I GRATEFUL FOR TODAY?
<i>Example</i> Wednesday 22 April 2020	<i>Example</i> <ul style="list-style-type: none">• Countdown Grey Lynn• Walked down Great North Road	<i>Example</i> <ul style="list-style-type: none">• 11-11.40am• 4-5pm	<i>Example</i> Ran into Jack Wilcox from high school on the walk. Maintained social distancing.	<i>Example</i> Sunshine and getting to spend time with family.