



My LENA Day Activity Log

HOUR	ACTIVITY	# of ADULT WORDS	# of CONVERSATIONAL TURNS
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			

Jot down your activities in the log during your LENA Day, or use the log to help you remember at the end of the day. Then add your counts for words and turns when you view your Hourly Adult Words and Conversational Turns reports to discover times you can enrich your child's language environment.