

## 24 Hour Reading Diary

Keep a record of everything you read during the day.

This might include books, newspapers, magazines, anything with text on your phone, signs you see when out and about, adverts, information on products and packaging, instructions and anything else.

Waking up to breakfast	
Breakfast to lunch	
Lunch to evening meal	
Evening meal to bed time	
In your dreams (if you can remember...)	

If it has a word on it then write it down. You might be surprised with the results!