

Map of.....

Participant.....

Date.....

What actually happened?

Where?

How long did it take?

What did they use?

Who else was involved?

What did they get from it?

DOING

What did they know?

What did they need to know?

What were they thinking?

What choices did they make and why?

What did they want to happen?

THINKING

How did they feel about it?

How did that affect behaviour?

How did that affects motivation?

FEELING