

Days That Are Never the Same

A week of tracking for the things that come and go without warning.

WHEN TO USE THIS

Use this for one week, a line a day, whenever you can manage it.

One line a day is plenty. If you miss a day, leave it blank and carry on.

Fill in one row each day this week.

DAY	HOW BAD (0-10)	WHAT YOU DID

Looking back at the week, what do you notice?

What would you want a doctor to see in this?

A week on paper says more than trying to remember it in the room.