

Keeping Track This Week

A plain record of the week so you can see the pattern instead of guessing at it.

WHEN TO USE THIS

Keep this somewhere handy and add a line each evening for a week.

This is a record, not a report card. Write down what happened, not what you wish had happened.

One line a day. It takes a minute.

DAY	WHAT I USED	WHERE AND WHO WITH	HOW I FELT AFTER

Reading it back, what do you notice that you did not expect?

What is one thing you would like next week's page to look like?

Filling in the page on a hard day is worth more than filling it in on an easy one.