

# Weekly Regulator Logsheet Managing Physical Vulnerability

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Took proactive steps to deal with physical illness/pain.							
Committed to balanced eating.							
Didn't use drugs/alcohol.							
Got enough sleep.							
Exercised.							
Used relaxation or mindfulness to cope with stress/tension.							

# Managing Cognitive Vulnerability

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Observed trigger thoughts.							
Used coping thoughts.							
Noticed at least one positive event.							