

Month _____ Date _____ Week _____

Events this week:

Mon _____

Tues _____

Weds _____

Thurs _____

Fri _____

Sat _____

Sun _____

Goals this week:

Academic _____

Creative _____

Social _____

Health _____

Relationship _____

Worries this week: _____

Month _____ Date _____ Date _____ Week _____

Events this week:		Temp	SATS(%)			
Mon	Water LLLLL Pool		AM	MD	PM	Fent
Thurs	Woke	Slept	Woke	Slept	Woke	
Slept	Woke	Slept	Woke	Slept		

Extra meds? _____

Pain /10	POTS /10	Illness /10	Gastro /10
Depression /10	Mania /10	Agitation /10	

Sat _____

Output																				
PhD																				
Reading Goals this week:																				
Academic																				
Spanish																				
Creative Health/care																				
Social																				
Health																				
Relationship																				

What's the weather? _____
 What did I wear? _____
 What did I eat? _____
 What am I grateful for? _____

Month _____ Date _____ Date _____ Week _____

Events this week:		Temp	SATS(%)			
Mon	Water LLLLL Pool		AM	MD	PM	Fent
Thurs	Woke	Slept	Woke	Slept	Woke	
Slept	Woke	Slept	Woke	Slept		

Extra meds? _____

Pain /10	POTS /10	Illness /10	Gastro /10
Depression /10	Mania /10	Agitation /10	

Sat _____

Output																				
PhD																				
Reading Goals this week:																				
Academic																				
Spanish																				
Creative Health/care																				
Social																				
Health																				
Relationship																				

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 What did I wear? _____
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Month _____ Date _____

BP Pulse Temp SATS(%)

Water LLLLL | Poo | | AM | MD | PM | Fent |

Woke Slept Woke Slept Woke
Slept Woke Slept Woke Slept

Extra meds?

Pain /10 | POTS /10 | Illness /10 | Gastro /10
Depression /10 | Mania /10 | Agitation /10

Go out											
PhD											
Reading											
Writing											
Spanish											
Health/care											

What's the weather?
What did I wear?
What did I eat?
What am I grateful for?

Monday's goals: _____ Date _____

BP _____ Pulse _____ Temp _____ SATS(%) _____

Water LLLLL | Poo | _____ | AM | MD | PM | Fent |

Good things today:
Woke _____ Slept _____ Woke _____ Slept _____ Woke _____
Slept _____ Woke _____ Slept _____ Woke _____ Slept _____

Extra meds? _____

Bad things today's
Pain ^{/10} | POTS ^{/10} | Illness ^{/10} | Gastro ^{/10}
Depression ^{/10} | Mania ^{/10} | Agitation ^{/10}

Who I saw:																			
PhD																			
Reading																			
Writing																			
What I did:																			
Health/care																			
Achieved today:																			

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Slept Woke Slept Woke Slept

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Pain /10 | POTS /10 | Illness /10 | Gastro /10
Depression /10 | Mania /10 | Agitation /10

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Good things today:
Woke _____ Slept _____ Woke _____ Slept _____ Woke _____
Slept _____ Woke _____ Slept _____ Woke _____ Slept _____

Extra meds? _____

Bad things today's
Pain $\sqrt{10}$ | POTS $\sqrt{10}$ | Illness $\sqrt{10}$ | Gastro $\sqrt{10}$
Depression $\sqrt{10}$ | Mania $\sqrt{10}$ | Agitation $\sqrt{10}$

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Slept Woke Slept Woke Slept

Extra meds?

Bad things today:
Pain PO's Illness Gastro
Depression ^{/10} Mania ^{/10} Agitation ^{/10}

Who I saw:										
PhD										
Reading										
Writing										
What I did:										
Health/care										
Achieved today:										

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Slept Woke Slept Woke Slept

Extra meds?

Pain /₁₀ | POTS /₁₀ | Mania /₁₀ | Illness /₁₀ | Agitation /₁₀ | Gastro /₁₀
Depression /₁₀

Go out											
PhD											
Reading											
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Reading											
Writing											
Spanish											
Health/care											

What's the weather?
What did I wear?
What did I eat?
What am I grateful for?

Today's goals:

9

Good things today:

8

Bad things today:

6

Who I saw:

4

What I did:

3

Achieved today:

1

Tasks for tomorrow:

0

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
-----	------	------	-------	-----	-----	-----

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
0	Mon	Tues	Weds	Thurs	Fri	Sat	Sun

