

DAILY CHART

	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
High	10														
	8														
	6														
Medium	4														
	2														
Low	0														

1. Hours Slept															
2. Mood (face)															
3. Stress (0, 1,... 10)															
4. Exercise (Y/N)															
5. Relaxation (Y/N)															
6. Meds (Y/N)															
7.															
8.															

Notes: _____
