

USE JOURNAL

Start Date:

Weekly Total:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 6 pm to 12 pm	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>
After noon 12 pm to 6 pm	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>
Evening After 6 pm	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>	None <input type="checkbox"/> A little <input type="checkbox"/> Moderate <input type="checkbox"/> A lot <input type="checkbox"/>

Scoring: "None" = 0. "A little" = 1. "Moderate" = 2. "A lot" = 3.

Guidelines: (1) Record you use journal at the end of each day. (2) Reflect on your journal and see if you notice any patterns. (3) Make plans to reduce your use every week. (4) On times when you don't use, record what you did.

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WEEKLY PORGRESS CHART



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