

## Personal patterns~ phenological diary

Additional:

Wi-fi / DECT nearby?		Corridor lights?	
Room dowsed?		Clunking doors?	

	Day:							
Weather	am: pm:							
Sleep	Curtains? Hours? Dreams? Undisturbed?							
Energy level?	Out of 10 ?							
Mental Physical (first thing) Emotional	😊 / 😞							
Breakfast	What? Quantity Quality							
Morning Activities	Physical? Mental? Etc.							
Energy level?	Out of 10 ?							
Mental Physical (morning) Emotional	😊 / 😞							
Lunch	What? Quantity Quality							
Energy level?	Out of 10 ?							
Afternoon Activities	Physical? Mental? Etc.							
Mental Physical (afternoon) Emotional	😊 / 😞							
Evening meal	What? Quantity Quality							
Evening Activities	Physical? Mental? Etc.							
Exercise (during day)	What? Quantity Quality							
Self care (during day)	Relaxation? Healing? Bathing?							