

PLEASE tracker

The unglamorous half of emotion regulation. Two weeks of sleep, food and mood, side by side.

Emotional vulnerability is not a constant — it moves with a small number of physical variables. This is not an accusation, it is a pattern you can plan around. Noticing that the worst days follow the shortest nights is the whole point.

TWO WEEKS

DAY	SLEEP (HRS)	ATE PROPERLY?	MOVED?	ALCOHOL / SUBSTANCES	MOOD 0-5	MEDS TAKEN

LOOKING BACK OVER THE FORTNIGHT — WHAT GOES WITH WHAT?

THE ONE THING WORTH CHANGING FIRST

One. Not five. The one with the largest effect for you, which is usually sleep or eating.