

Weekly diary card

The core tracking sheet. Urges, emotions and skills, once a day, for a week.

Fill this in once a day rather than reconstructing the week on Sunday — memory of a week is dominated by the last two days. Rate 0 to 5. A roughly filled card is data; a perfect one that does not exist is not.

WEEK BEGINNING

URGES AND EMOTIONS — RATE 0 (NONE) TO 5 (OVERWHELMING)

	MON	TUE	WED	THU	FRI	SAT	SUN

Write your own targets down the left column — the two or three that actually matter this month, not fourteen.

SKILLS USED EACH DAY

DAY	WHICH SKILL	DID IT HELP?

ANYTHING THE NUMBERS DO NOT CAPTURE
