Morning check-in · Day 1

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 1

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Morning check-in · Day 2

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 2

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Morning check-in · Day 3

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 3

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Morning check-in · Day 4

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 4

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Morning check-in · Day 5

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 5

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Morning check-in · Day 6

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 6

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Morning check-in · Day 7

Check in before any protocol. Size the day to how you feel.

Date ____ / ____ / _____

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Calm	1	2	3	4	5
Body tension (1 = loose)	1	2	3	4	5

What my body is telling me

Today's day size: gentle / steady / full

One protocol step I will keep

Notes

Evening check-in · Day 7

Close the day. Notice, don't judge.

Date ____ / ____ / _____

Energy now 1 2 3 4 5

Calm now 1 2 3 4 5

How kind was today's load? 1 2 3 4 5

What helped

What drained me

Did I keep my step? yes / partly / not today

Tomorrow, gently

Weekly reflection

Look back over seven days before changing anything.

Date ____ / ____ / _____

Pattern I noticed

Best day and why

Hardest day and why

Protocol: keep / adjust / pause

Next week's one intention