- 1. What am I experiencing right now? e.g. body sensations, thinking, emotions and/ or behaviours
- 2. Which zone am I in? Green, Amber or Red
- **3. What is the situation?** *e.g. what is going on? where? who with?*

Date	Morning	Afternoon	Evening
Example	1. Fast heartbeat, frustrated	1. Difficulty concentrating, headache	1. Feel more settled, breathing rate steady
	2. Amber	2. Amber	2. Green
24.09.19	3. In busy shop with a friend	3. On the phone sorting out electric bill	Having dinner with family, talking about the football