- 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 2. Amber	 Difficulty concentrating, headache Amber 	 Feel more settled, breathing rate steady Green
24.09.19	3. In busy shop with a friend	3. On the phone sorting out electric bill	3. Having dinner with family, talking about the football