



Personal Nervous System Regulation Tracker

Daily Check-In Log

(You'll need to make 8 copies of this page, one for each week of the program.)

Rate your nervous system activation on a scale of 0-10

- 0-3: Under-activated (lethargic, disconnected, numb)
- 4-6: Regulated window (present, engaged, flexible)
- 7-10: Over-activated (anxious, overwhelmed, agitated)

Date	Morning (0-10)	Afternoon (0-10)	Evening (0-10)	Notes, triggers, etc



Weekly Technique Effectiveness Tracker

(You'll need to make 8 copies of this page, one for each week of the program.) Rate each technique you've tried this week on a scale of 1-5:

1 = Not helpful | 2 = Slightly helpful | 3 = Moderately helpful | 4 = Very helpful | 5 = Extremely helpful

Technique	Effectiveness (1-5)	When I Used It	Notes
5-4-3-2-1 Sensory			
Box Breathing			
Physiological Sigh			
4-7-8 Breathing			
Progressive Muscle Relaxation			
Cold Water Face Immersion			
Bilateral Stimulation			
Emotional Container			
Self-Compassion Touch			
Resource Anchoring			
Orienting to Safety			
Barefoot Grounding			
Joy Practices			
Sleep Hygiene Protocol			
Walking			
Shoulder lift & drop			



My Personalized Regulation Plan

For mild activation (4-6):

1.

2.

3.

For moderate activation (7-8):

1.

2.

3.

For high activation (9-10):

1.

2.

3.

For under-activation (0-3):

1.

2.

3.



Weekly Insights

What triggered me this week?

-
-

What helped me regulate most effectively?

-
-

What patterns am I noticing?

-
-

My focus for next week:



My Regulation Progress

In the weekly chart below, rate your ability to self-regulate on a scale of 1-10, 1 being not able to self-regulate at all, 10 being able to always re-regulate yourself after being dysregulated.

The "baseline" in your personal regulation tracker refers to your initial assessment or starting point for measuring your emotional regulation abilities. This establishes where you're beginning so you can track improvements over time.

In Week 1, you would:

1. Rate your current emotional regulation capacity using whatever measurement system we established (like a scale of 1-10, percentage, or descriptive assessment)
2. Document specific challenges you're currently facing with regulation
3. Note how frequently you experience dysregulation

This baseline measurement serves several purposes:

- Provides a reference point to measure progress against
- Helps identify your starting patterns and triggers
- Creates motivation by showing improvements over the 8-week period

For example, your Week 1 baseline might look like: "I rate my emotional regulation at 4/10. I struggle most with work stress triggers, averaging 3 significant dysregulation episodes per week, primarily manifesting as anger/withdrawal."

Each subsequent week, you'd rate yourself using the same measurement system, allowing you to track changes compared to your baseline and see your progress throughout the program.

- Week 1 baseline: _____
- Week 2: _____
- Week 3: _____
- Week 4: _____
- Week 5: _____
- Week 6: _____
- Week 7: _____
- Week 8: _____