

Personal Progress Journal

Recording your personal progress, your feelings, and details of your sessions and experiments along your path can be invaluable. Having date, records of targets, scripts, progress notes, etc in one place for easy comparison is not only helpful in getting you as a user into a regular routine, it also helps you monitor and incrementally assess your progress and identify where more work might be beneficial. This collected information can also be tremendously convenient and important to a practitioner monitoring your progress.

If you are fortunate enough to have these sort of capabilities built in to your software (such as the new (soon to be released) PFG Lab2 software suite) this is a very easy step. If not, there are several very simple solutions!

The Moleskine specialized notebooks are great for recording status and progress over time. Besides the quality plain and lined journal notebooks they are well known for, they have specialized notebooks such as their “Wellness Journal” which is ideal for recording and monitoring progress makes it easy to keep health log data in one place for collaboration and comparison or for practitioner monitoring

A simple computerized log or daily diary is easy enough to do with almost any simple diary program. Of course the information collected needs to conform to your particular needs. Understandably this can change over time.



Even a simple page as the weekly sample on next page should suffice. Feel free to print, copy, and modify as needed for your particular use the Weekly “Wellness Log” that follows (next page):

Wellness Log

Week of _____ through _____

Sunday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

Monday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

Tuesday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

Wednesday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

Thursday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

Friday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

Saturday _____ *Issue/Concern* _____
Protocol/s Used _____ *Appx Total Time* _____
Results this Day _____
Notes/Comments _____

PulsedTech.com PulsedTechResearch.com **Instrument/s Used** (i.e. P3, P3pro, PFG) _____ **Mode** (i.e. contact/plasma) _____