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):

The ELECTRIC HUMAN – Section 3 – Strategies and Considerations Briefs

Wellness Log		Week of	through
	_Issue/Concern		
Monday	_Issue/Concern		
Protocol/s Used		Appx Total Time	
Tuesday	_Issue/Concern		
Wednesday	_Issue/Concern		
Protocol/s Used		Appx Total Time	
Results this Day			
Notes/Comments			
Thursday			
Protocol/s Used		Appx Total Time	
Friday	_Issue/Concern		
Saturday	_Issue/Concern		
PulsedTech.com PulsedTechResearch.com	Instrument/s Used (i.e. P3, P3pro, PFG)	Mode (i.e. cont	act/plasma)

Electro-Therapeutic Approaches to Personal Disease Management and Health Maintenance.

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