SAMPLE REPORT: made-up data

# A summary from Before & After

October 4, 2026 to November 3, 2026

**13** check-ins
**16** pauses

## CALENDAR




## WORDS USED MOST

Tired (8) · Calm (7) · Content (6) · Flat (6) · Light (5) · Tense (3) · Grateful (3) · Overwhelmed (3)

## PAUSES, AND HOW YOU RATED BEFORE AND AFTER

| PAUSE | TIMES | RATED HIGHER AFTER | SAME | LOWER |
|---|---|---|---|---|
| Being still | 2 | 1 | 1 | 0 |
| Writing it out | 2 | 0 | 2 | 0 |
| Box breathing | 8 | 6 | 2 | 0 |
| Grounding | 2 | 2 | 0 | 0 |
| Relax breathing | 1 | 1 | 0 | 0 |
| Even breathing | 1 | 1 | 0 | 0 |

## NOTES

Oct 12 A good day, mostly

Oct 28 Wrote it all down

Nov 1 Walk before work

Nov 3 Slow start, better now

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## REFLECTIONS

Oct 28 *What is one thing you can set down tonight?*
The list I keep rewriting. It can wait until morning.

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Written by you. Not a medical record or assessment.

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