

Daily Stoic Journal

Record one entry per line, as close to the event as possible. Bring the completed log to your next appointment.

Name: _____ Date completed: _____ dd / mm / yyyy

Date of birth: _____ dd / mm / yyyy Record / MRN number: _____

Recorded by: _____ Period covered: _____

Complete one row per entry. Record intensity (0-10) at the time it is observed rather than from memory.

DAILY STOIC LOG

Date: _____ dd / mm / yyyy Time: _____

Situation / trigger: _____ Intensity (0-10): _____

Notes / action taken

Patterns noticed over this period

Questions for the next appointment