THE TRACKING JOURNAL

Three Things to Mention

It doesn't get any more complicated. This is, on purpose, the easiest thing this book will ask of you. It is as simple as crossing off a number to ensure you will keep doing it, giving you the pattern you need to act on the right things.

Energy
Just the felt physical state of your body, how available your energy feels right now.
A one means bone-deep flat, the kind that doesn't respond to coffee. A three means present and functional. Two is everything in between.

Focus
The quality of your cognitive access, not the effort you applied.
Not "did I get things done" but "could I actually think."

Gut
A single number for digestive comfort.
Bloating, tightness, or cramping, or the absence of all three.
This is the signal most people with ADHD have been ignoring entirely, because nobody ever told them it was connected to anything else.

Monday	1 2 3	1 2 3	1 2 3
Tuesday	1 2 3	1 2 3	1 2 3
Wednesday	1 2 3	1 2 3	1 2 3
Thursday	1 2 3	1 2 3	1 2 3
Friday	1 2 3	1 2 3	1 2 3
Saturday	1 2 3	1 2 3	1 2 3
Sunday	1 2 3	1 2 3	1 2 3