

Friday:

Time	No. of Tablets	Event	Feeling Before	Feeling After
am				
am				
am				
am				
am				
p.m.				
p.m.				
p.m.				
p.m.				
p.m.				

Saturday:

Time	No. of Tablets	Event	Feeling Before	Feeling After
am				
am				
am				
am				
am				
p.m.				
p.m.				
p.m.				
p.m.				
p.m.				

Sunday:

Time	No. of Tablets	Event	Feeling Before	Feeling After
am				
am				
am				
am				
am				
p.m.				
p.m.				
p.m.				
p.m.				
p.m.				

Total No. of (name) _____ Tablets taken in week:

No. of Tablets= how many do you take at a time. If you take different types, keep a note of this also
Event = Did something in particular happen before you took the tablets at that particular time? Are there any events that seem to trigger your usage?

Feeling before / after = Try to be as specific as you can about this. You could try rating the difference (if any) eg on a scale of stress, where 1 is least stressed and 10 is most stressed

On reviewing your diary, what would the easiest times to reduce your usage? E.g. if you notice that you only *sometimes* take the tablet(s) in the afternoon, then that might be the easiest place to start.

Can you think of helpful alternative activities for yourself?