THE MISSING FRAMEWORK: OBSERVATION TRACKER

Before You Start:

The goal is to notice what tends to happen together, not just collect more information (like trouble falling asleep on school nights and more irritability, or bedwetting and stomachaches).

Use this tracker for 1-2 weeks before you decide what deserves attention first.

Date	Sleep	Mood	Behavior	Energy	Body	Digestion

Patterns I Notice:

What tends to show up together?

What seems better on “good” days?

What seems worse on “tough” days?

What surprises me?

What might deserve more attention?