

Awake States with Stress Responses

GREEN ZONE Just Right/Alert	Journal Notes [date, time began, time ended, level(s) of engagement, quality]
RED ZONE Too Fast/Gas Pedal	Journal Notes [date, time began, time ended, trigger(s), tool(s) for recovery]
BLUE ZONE Too Slow/Brake	Journal Notes [date, time began, time ended, trigger(s), tool(s) for recovery]
COMBO ZONE Fast & Jerky/Gas & Brake	Journal Notes [date, time began, time ended, trigger(s), tool(s) for recovery]

Awake States with Stress Responses

My Family
Growing Up

Red Zone



Combo Zone



Green Zone



Blue Zone



CHILD

MOM

DAD

My Current
Family

Red Zone



Combo Zone



Green Zone



Blue Zone



CHILD

MOM

DAD