






NAME \_\_\_\_\_

DATE: \_\_\_\_\_





		<b>ZONE CHECK IN REPORT</b>		
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Time: \_\_\_\_\_

**My Mood:**

 Great!	 Good	 Ok	 Not Good	 Bad
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**My Energy:**

 Slow	 Just Right	 High	 Out of Control
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**My Last Meal:** \_\_\_\_\_



**My Last Drink:** \_\_\_\_\_



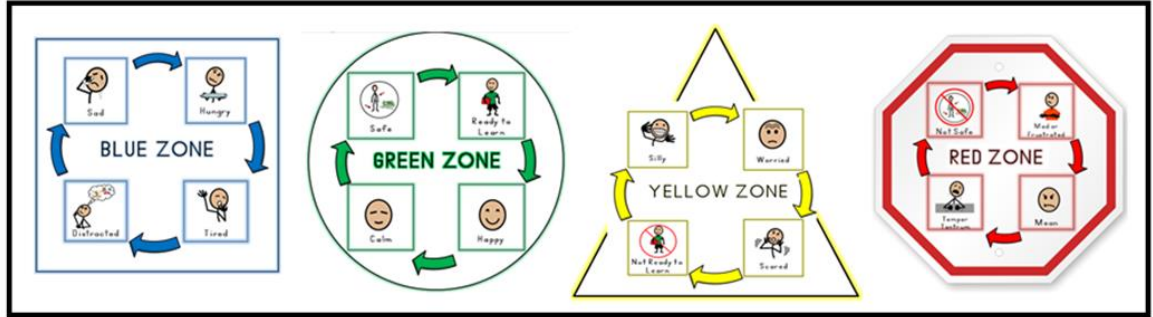
**My Sleep last night was:** \_\_\_\_\_



NAME \_\_\_\_\_

DATE: \_\_\_\_\_

**My Zone:**



**I am feeling:** \_\_\_\_\_.

**Something I need to be in the Green Zone is:**

<p>Deep Breaths</p>	<p>Quiet Time</p>	<p>Break</p>	<p>Drink</p>	<p>Snack</p>
<p>Talk</p>	<p>Hug</p>	<p>Brain Break</p>	<p>Sensory Room</p>	<p>Walk</p>