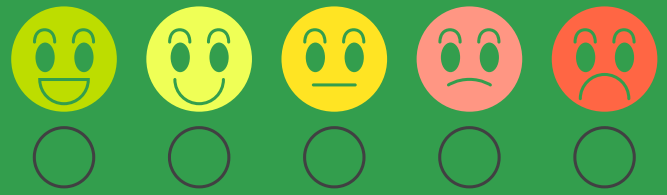


My Zones Tracker

Emotional Regulation



color in the zone that matches how you feel, all through the day

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Tired Sick Bored	Calm Happy Focused Ready	Silly Worried Excited Frustrated	Angry Mad Terrified Out of control

Time of day	BLUE	GREEN	YELLOW	RED
Morning	☐	☐	☐	☐
Midday	☐	☐	☐	☐
Afternoon	☐	☐	☐	☐
Evening	☐	☐	☐	☐