

# SOMA DIARY

## TRACKING YOUR PROGRESS

**SOMADIARY** is your way to systematically track how you feel so that you are able to see the patterns in how you are feeling.

By tracking how you are feeling, you can see patterns that might not have been apparent. With this data, you can make hypotheses about the sequences of discomfort or ill ease. Then you can intervene, and through tracking how you are feeling during your intervention, you can confirm the effectiveness of your intervention.

### What should you track?

You can track what is troubling you. For example, if you have a nagging neck problem, track it. If you are feeling depressed, track it. If your flexibility is impaired, track it. In other words, track those things that lead you to feel ill at ease.

### How do you track it?

1. Decide exactly what you want to track. This is your "Soma Reference"
2. Decide how to rate the level of discomfort or unease.
  - Choose 5 as being the most extreme discomfort you have experienced
  - Choose 1 as being no discomfort
  - Then 2 would be a noticeable amount of discomfort, but it does not limit you
  - Three is very uncomfortable, limiting some activities.
  - Four stops you from doing many things.
3. Write down how you will know which level to rate, below

1
2
3
4
5

### Can I choose a different Scale?

If you have a scale you already know that is different, then use it. For example, you might track the number of steps you did. For that, you would want to think of a minimum, then a target amount. Then calculate where the lines would go. Maybe your target is climbing 1000 steps in a day, with a minimum of 0. So your scale could be 0 to 199, 200 to 399, 400 to 599, 600 to 799, and 800 to 1000.

### Which Chart is best for me?

Most people start with the basic SomaWeekly chart. A 31-day summary chart is also included. Some people experience significant variation during the day and night; for these people a more in-depth chart is available, the NMAE chart.

### About The Weekly N-M-A-E charts

For the NMAE version of the SomaDIARY, these letters refer to four important parts of your day.

- N - the previous night, from when you went to bed to when you got up
- M - From when you got up, to Noon. (if you did not get up before noon, skip this)
- A - From Noon to about 6 pm.
- E - From 6 pm to bedtime.

### Can I change these time periods?

Of course, change the time periods to fit your regular schedule.

### When should I rate them?

Rate them as close to the period as you can; best if you rated it just at the end of the period. If you had highs and lows during the period, you can put them in, if you wish.