

# ABOVE THE LINE JOURNAL

WEEK BEGINNING

**Identify** - your lifting and anchor behaviours

**Observe** - measure & notice (e.g. what triggered elevating or sinking?)

**Reflect** - what patterns do you see?

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>ELEVATING BEHAVIOUR</b>								<b>TOTAL ABOVE</b>
<b>SINKING BEHAVIOUR</b>								<b>TOTAL BELOW</b>
	<b>OBSERVATIONS</b>	<b>OBSERVATIONS</b>	<b>OBSERVATIONS</b>	<b>OBSERVATIONS</b>	<b>OBSERVATIONS</b>	<b>OBSERVATIONS</b>	<b>OBSERVATIONS</b>	