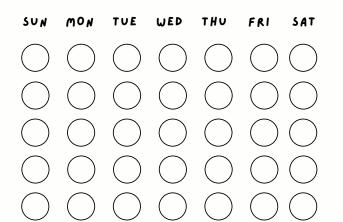
SAFE & SOCIAL





MY STATES TRACKER

mark any memorable states that you were in for each day. you can use a different or symbol for the different states. It's ok if you Take some time to think about them. we aren't always aware. use the Polyvagal Teen® card deck to help you explore.

MOBILISE

SUN	WOM	TUE	WED	THU	FRI	SAT

IMMOBILISE

SUN	MON	TUE	WED	THU	FRI	SAT



WEEK STARTING DATE:

WEEK