

Environment: _____

Reward: _____

Week Starting: (month-day-year) _____ Total Weekly Hours: _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A. Sleep – 1. Feel rested 2. Feel mostly rested 3. Feel tired							
B. Auditory – (noise) 1. Very loud, 2. Moderately loud, 3. Quiet							
C. Olfactory – (smells) 1. Very smelly 2. Moderately smelly 3. Not smelly							
D. Temperature – 1. Too cold 2. Too warm 3. Just right							
E. Lighting – 1. Fluorescent 2. Mix of natural and fluorescent 3. Natural							
F. Clutter – 1. Very cluttered 2. Moderately cluttered 3. Organized							
G. People (dealt with) – 1. More than 20 2. Less than 20 3. Less than 10							
H. Emotional Reactivity of Others – 1. Negative 2. Neutral 3. Positive							
I. Overall Satisfaction with Day – 1. Terrible 2. Okay 3. Good							
J. Habit -							

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