

**JOURNAL of UPSETS**

<b>Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Time</b>					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
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5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					
10:30 PM					
11:00 PM					

**JOURNAL of UPSETS (Continued)**

Saturday	Day	Sunday	What triggered the upset? (what happened)	What did you think?
	Time			
	7:00 AM		1.	1.
	7:30 AM			
	8:00 AM			
	8:30 AM			
	9:00 AM			
	9:30 AM		2.	2.
	10:00 AM			
	10:30 AM			
	11:00 AM			
	11:30 AM			
	12:00 PM		3.	3.
	12:30 PM			
	1:00 PM			
	1:30 PM			
	2:00 PM			
	2:30 PM		4.	4.
	3:00 PM			
	3:30 PM			
	4:00 PM			
	4:30 PM			
	5:00 PM		5.	5.
	5:30 PM			
	6:00 PM			
	6:30 PM			
	7:00 PM			
	7:30 PM		6.	6.
	8:00 PM			
	8:30 PM			
	9:00 PM			
	9:30 PM			
	10:00 PM		7.	7.
	10:30 PM			
	11:00 PM			

ed)

What did you do?	What did you want?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

