

You can use this to support your smell training: record when you do it, how often and your reflections, progress and changes.

Week 1	Date	Comments/Reflections
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 2	Date	Comments/Reflections
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 3	Date	Comments/Reflections
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 4	Date	Comments/Reflections
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		