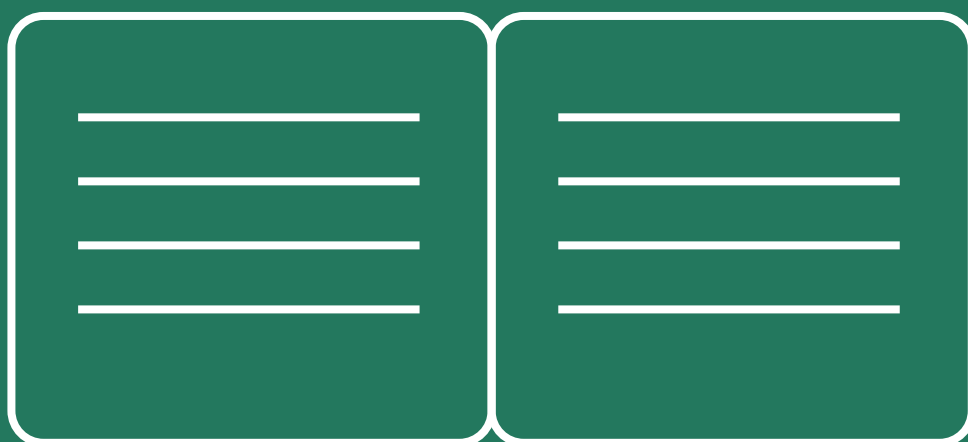


BOOKCHOWK / PRACTICAL MINI BOOKS

My Daily Comfort Log

A neutral record of comfort, activities and questions



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10 focused pages + editable companion | 22 October 2026

One useful result

A neutral record of comfort, activities and questions. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Describe rather than diagnose
2. Keep the record manageable
3. Look for questions, not proof
4. Share a short, private summary

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

A recording aid only, not diagnosis, treatment or a validated medical scale. It must not delay care. Follow your clinician's instructions and seek urgent help when needed.

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Describe rather than diagnose

A log can help you remember an experience; it cannot establish its cause. Record what you notice in your own words, when it happened and what you were doing. Avoid assigning a condition from a template or treating a number as a diagnosis. Use a consistent, simple description that you can explain to a qualified clinician if needed.

Worked example

“Stiff left shoulder after carrying a heavy bag, noticed around 6 pm” records an experience. “The bag caused an injury” is a conclusion the log cannot prove.

Try it now

Write one neutral entry using time, activity and description. If nothing is notable, record that briefly rather than searching for a problem.

NOTICE → CHOOSE → TRY → REVIEW