Two-Week Dose Log

Companion to "Hormesis, Stress as Medicine"

TWO WEEKS, A SENTENCE A DAY

HOW TO USE THIS SHEET

1. Pick exactly one thing you avoid because it is uncomfortable, not because it is harmful. Start smaller than feels impressive.
2. Write the dose precisely: how much, how long, how often. "A cold shower" is not a dose. "The last 30 seconds, cold, four mornings this week" is.
3. Write the recovery before you start. Without it you are not practicing hormesis, you are just adding stress.
4. Each day, a sentence or less: dose done, what you noticed in body or mind, recovery done.
5. After two weeks, read the log start to finish. Hold the dose, raise it slightly, or admit this stressor needs another approach.

THE ONE STRESSOR

THE DOSE: HOW MUCH, HOW LONG, HOW OFTEN

THE RECOVERY, DECIDED BEFORE I START

	Date	Dose done? yes / no	What I noticed body or mind, one line	Recovery? yes / no
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				
DAY 11				
DAY 12				
DAY 13				
DAY 14				

AFTER TWO WEEKS: HOLD, INCREASE, OR CHANGE APPROACH, AND WHY