VERTIGO CODEX . DOWNLOADABLE . TRACKER

Sit Spot Log

Companion to "Forest Therapy, Sit Spot Practice"

ONE LINE PER VISIT

HOW TO USE THIS SHEET

1. Choose your spot once: this bench, this tree, not "the park".
2. After each visit, write one thing that changed since last time, however small: a sound, a plant, your own energy.
3. One line is enough. The log is a record, not a journal.

MY SPOT

STARTED ON

	Date	What changed since last visit one line
VISIT 1		
VISIT 2		
VISIT 3		
VISIT 4		
VISIT 5		
VISIT 6		
VISIT 7		
VISIT 8		
VISIT 9		
VISIT 10		
VISIT 11		
VISIT 12		
VISIT 13		
VISIT 14		
VISIT 15		
VISIT 16		