

## Journal of Upsets

Sunday	What triggered the upset? (what happened?)	What did you think?	What did you do?	What did you want?
7:00 _____	1.	1.	1.	1.
7:30 _____				
8:00 _____				
8:30 _____				
9:00 _____				
9:30 _____	2.	2.	2.	2.
10:00 _____				
10:30 _____				
11:00 _____				
11:30 _____				
12:00 _____	3.	3.	3.	3.
12:30 _____				
1:00 _____				
1:30 _____				
2:00 _____				
2:30 _____	4.	4.	4.	4.
3:00 _____				
3:30 _____				
4:00 _____				
4:30 _____				
5:00 _____	5.	5.	5.	5.
5:30 _____				
6:00 _____				
6:30 _____				
7:00 _____				
7:30 _____	6.	6.	6.	6.
8:00 _____				
8:30 _____				
9:00 _____				
9:30 _____	7.	7.	7.	7.
10:00 _____				
10:30 _____				
11:00 _____				

# Journal of Upsets

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
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11:00						