Jensen Stable Routines and Roles and Relationships Chart (RRRC)

Name:_____ Month:_____

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
Mania																	
Depression																	
Got up																	
Noticed intent																	
Shower																	
Breakfast																	
Touched base																	
Beverage																	
Go out																	
Social contact																	
Lunch																	
Social contact																	
Work/study																	
Beverage																	
Socialize																	
Meals OK																	

Jensen Stable Routines and Roles and Relationships Chart (RRRC)

Name:_____ Month:_____

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
End work																	
Unwind																	
Physical workout																	
Unwind																	
Supper																	
Social con-tact																	
TV/read/ internet																	
Beverage/ snack																	
TV news/ weather																	
Evening activity																	
Pickup/ clean items																	
Brush/floss																	
Meditation																	
Go to sleep on time																	

Jensen Stable Routines and Roles and Relationships Chart (RRRC)

Name:_____ Month:_____

Date	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total	
Mania																	
Depression																	
Got up																	
Noticed intent																	
Shower																	
Breakfast																	
Touched base																	
Am bever-age																	
Go out																	
Social con-tact																	
Lunch																	
Social con-tact																	
Work/study																	
Beverage																	
Socialize																	

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Name:_____ Month:_____

Date	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total	
End work																	
Unwind																	
Physical workout																	
Unwind																	
Supper																	
Socialize																	
TV/read/ internet																	
Beverage/ snack																	
TV news																	
Evening activity																	
Pickup/ clean items																	
Brush/floss																	
Meditation																	
Go to sleep on time																	
Meals OK																	

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Notes:

Rating scale based on level of stability of task. One desires to stay within 45 minutes of scheduled task. Also, social interaction is desired to be active, not passive or agitating or too activating (increasing anxiety or anger or excitement). If item is accomplished according to this goal, draw line down the box or the entire column if appropriate. If item not done according to this goal, put a dot in the box. Dots are a record of “missing the mark” of living moderately, in routine.

To rate mania and depression, use 1-10 scale: 10=worst severity, 7=moderately severely bad, 5=moderate problem, 3=mild severity, 1=very little problem, 0=no problem with this symptom.

To rate “Meals OK”, goal is three meals that do not add to a weight problem, weighing too much or too little. No binge eating. No junk food. Meals were planned and portions controlled to be within calorie requirements for weight goal.

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