



Activity	Time of the day				Variant for next day	
	Morning	Midday	Afternoon	Evening	 Next day	 Next day
Getting milk (l) out of the fridge	2			6	8-*	2
Having coffee out	2	3	4	4	5-6	2-4
Walking the dog	4	5	6	7	5-6	3-3
Alexander exercise	3	3	4	5	5-6	3-3
Passenger in the car	3	4	5	6	*-*	8-6
Scare (Fright from storm etc)	4	5	6	5	8-6	5-4
After local dinner out (no drive)	4	5	6	7	7-5	4-6
- During the dinner					5-*	4-6
A day with lots of rest	2	3	3	4	5-3	2-3
A day of mild activity	4	6	6	8	8-*	7-8



Time of the month
 After bump in the road
 After a scare (storms, a fright etc)
 Receiving unexpected heavy parcel
 Dog needed help
 Washing day
 No bowel movement
 After 'fun' with hubby
 Dinner previous night
 Terrible sleep



After massage
 After anesthetic
 After good rest
 Excellent nap/sleep
 Good bowel movement



Flare up!
 (these can last
 between 1-3 days)

Basic rules

A good day brings on a bad day
 A bad day brings on a good day