**SmellAbility© Diary Log (you can use this to support your smell training: record when you do it, how often and your reflections, progress and changes)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1:** | **Date:** | **Comments/Reflections:** | **Week 2:** | **Date:** | **Comments/Reflections** |
| Monday |  |  |  |  |  |
| Tuesday |  |  | Tuesday |  |  |
| Wednesday |  |  | Wednesday |  |  |
| Thursday |  |  | Thursday |  |  |
| Friday |  |  | Friday |  |  |
| Saturday |  |  | Saturday |  |  |
| Sunday |  |  | Sunday |  |  |
| **Week 3:** | **Date:** | **Comments/Reflections:** | **Week 4:** | **Date:** | **Comments/Reflections:** |
| Monday |  |  | Monday |  |  |
| Tuesday |  |  | Tuesday |  |  |
| Wednesday |  |  | Wednesday |  |  |
| Thursday |  |  | Thursday |  |  |
| Friday |  |  | Friday |  |  |
| Saturday |  |  | Saturday |  |  |
| Sunday |  |  | Sunday |  |  |