

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Use this table to obtain the reaction's grade

- Reaction:.....1
- Trigger:
 - Intense.....0
 - Average.....0,5
 - Easy.....1
- Intensity of the reaction:
 - Mild.....0
 - Average.....0,5
 - Intense.....1
- Capacity to walk away:
 - Easy.....0
 - Had to insist a little.....0,5
 - Had to pull away.....1
- Cooldown:
 - Quick.....0
 - Some time needed.....0,5
 - Very long/Never.....1

Write your grade out of 5 as well as relevant details in each slot

Week of:
Number of reactions
Average grade:
/5