CALMCARE GUIDED WORKSHEET

Monthly Household Rhythm Review

A review worksheet for checking whether routines, transitions, and pressure points inside the home are getting calmer or more chaotic over time.

Name _____ **Date** _____

Main rhythm review

WHICH PARTS OF THE DAY FEEL BEST

WHICH PARTS FEEL MOST REACTIVE

WHAT PATTERN SHAPES THE HOME MOST

What is helping

ROUTINES WORTH KEEPING

SUPPORTS THAT REDUCE FRICTION

WHAT GOT EASIER THIS MONTH

What still needs redesign

CURRENT PRESSURE POINTS

WHERE RHYTHM BREAKS DOWN

WHAT IS STILL TOO REACTIVE

Next month adjustment

ONE RHYTHM CHANGE TO TEST

WHAT SHOULD STAY STABLE

HOW TO TELL IF IT HELPED

CalmCare worksheet — designed for printing and filling out by hand or on screen.