

# Daily Detail

TACMOBILITY | ALEXIS UNSER, MS, LMFT

DATE \_\_\_\_\_

**After today, I feel:**

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**What details from today stick out?**

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## Debrief Considerations:

What went right today?

What went wrong today?

What was out of my control?

How can I be better prepared for tomorrow?

## Rate physical tension:



1

5

10



