LENS Neurofeedback Weekly Progress Tracker

Instructions: Over the next week, check off any changes you notice in the areas below. You can add notes next to each item to describe specific changes in detail.

Name: _____ **Date:** _____

Mental Health

1. □ Reduced anxiety or worry
2. □ Improved emotional regulation (e.g., managing anger, sadness, frustration)
3. □ Decreased feelings of overwhelm or stress
4. □ Fewer negative or intrusive thoughts
5. □ Increased feelings of confidence or self-worth
6. □ Improved ability to cope with challenging emotions
7. □ Reduced symptoms of depression or sadness

Sleep Habits

8. □ Easier time falling asleep
9. □ Sleeping through the night with fewer interruptions
10. □ Waking up feeling rested and refreshed
11. □ Improved consistency in sleep patterns (e.g., going to bed and waking up at the same time)
12. □ Fewer nightmares or disruptive dreams
13. □ Feeling less tired or fatigued during the day
14. □ Better quality of sleep overall

Social Interactions

15. □ Feeling more comfortable in social settings
16. □ Improved interactions with family members
17. □ Increased participation in group activities or events
18. □ More willingness to engage in conversations
19. □ Feeling less isolated or withdrawn from others
20. □ Better ability to handle conflicts or disagreements
21. □ Greater sense of connection with friends or peers

Mood Changes

22. □ Fewer mood swings
23. □ Less irritability or frustration
24. □ More positive mood overall
25. □ Greater sense of calm or relaxation

26. □ Increased ability to manage stress
27. □ Improved motivation to participate in daily activities
28. □ Increased feelings of happiness or contentment

Executive Functioning Skills

29. □ Improved focus and concentration
30. □ Better memory and recall
31. □ Enhanced organization and planning skills
32. □ Easier time completing tasks or chores
33. □ More efficient problem-solving and decision-making
34. □ Reduced procrastination
35. □ Better time management throughout the day

Overall Well-Being

36. □ Increased energy levels
37. □ Fewer physical complaints (e.g., headaches, muscle tension)
38. □ Feeling more balanced emotionally and physically
39. □ Greater sense of peace or calm
40. □ Better ability to manage daily responsibilities
41. □ Improved motivation to pursue hobbies or interests
42. □ Greater satisfaction with overall well-being

Additional Notes:
This section can be used for any extra observations or details about your experiences: