



LIFE RESTRUCTURING IMPLEMENTATION EVALUATION

	Improvement in Intensity	Improvement in Duration	Improvement in Frequency	Needed Changes to Plan
WHO?				
Person 1				
Person 2				
Person 3				
Person 4				
Person 5				
Group 1				
Group 2				
Group 3				
Role 1				
Role 2				
Role 3				
WHEN?				
Time 1				
Time 2				
Time 3				
Time 4				
Time 5				
Energy Level				
Before/After				
Other				
Other				
WHERE?				
Home				
Work				
Activity 1				
Activity 2				
Activity 3				
Other				
WHAT?				
Event 1				
Event 2				
Event 3				
Transition 1				
Transition 2				
Substance 1				
Substance 2				
Other				