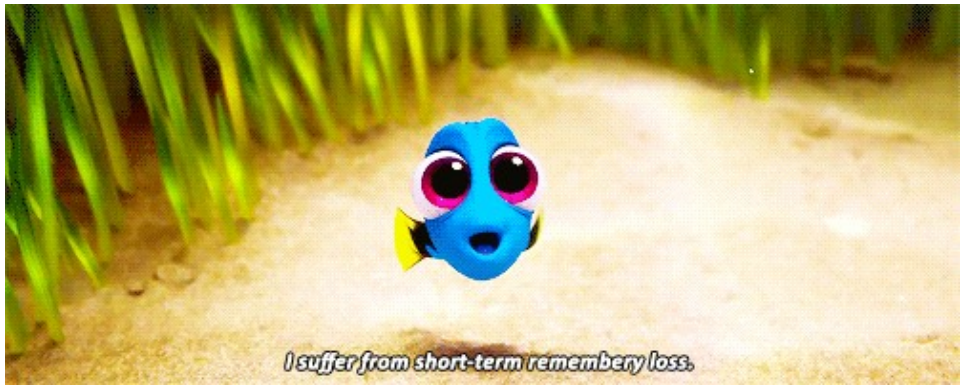
# Memory Lapse Tracker




Track when your memory fails you - how often, time of day, what you forgot and circumstances

## Memory Lapses Today

| What did I Forget | Time of Day | How Long Until I Remembered | Stress Level on a Scale of 1-10 | Circumstances | Miscellaneous |
|---|---|---|---|---|---|
| Example: Where I put my keys | 8:15 AM | 13 Minutes | 6 | Was late for work | Didn't 'remember', just found from looking |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |