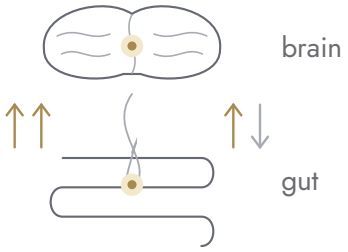
CELLULAR COHERENCE

7-Day Body Signals Check-In Journal

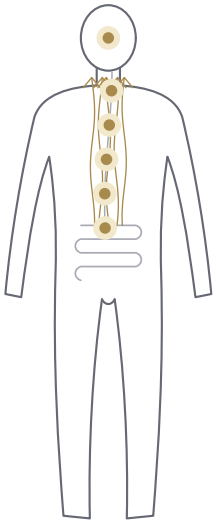
A free practice to try, with space to document what you notice.

What this is

Interoception is how your nervous system senses signals from inside your body, like heartbeat, breath, hunger or tension. This journal is a gentle way to practice noticing them for seven days and to write down what you observe. There is nothing to fix and no score. Research on training body awareness is early (Emerging), so treat this as a practice, not a treatment.



The 3-minute check-in



1. **Pause**
   Drop your shoulders, breathe slowly, set a 3-minute timer.
2. **Scan head to toe**
   Move your attention slowly from head to feet: face, jaw, chest, belly, hands, legs.
3. **Name 3 sensations, without judging**
   Give each a plain word: warm, tight, fluttery, heavy, quiet. "Neutral" counts.
4. **Rate your comfort, 1 to 5**
   1 is very uncomfortable, 5 is very comfortable.

How to log it

- Check in once a day, at a similar time if you can.
- On pages 2 and 3, write the date and time, then mark the spot on the body outlines: circle, shade or draw a small symbol.
- Note where you felt something, your word, your comfort (1 to 5) and what you did next. Short entries are fine; if you skip a day, simply carry on.

Comfort and safety note

Skip any area that feels uncomfortable, painful or upsetting, and stop whenever you like. You can rest on your breath or feet instead. This journal is education, not medical advice, and is not a treatment or a way to diagnose anything. If you have persistent or worrying symptoms, or body awareness feels distressing, talk with a qualified health professional.

Your 7-Day Journal

Days 1 to 4. Mark the body outlines, then write it in your own words.

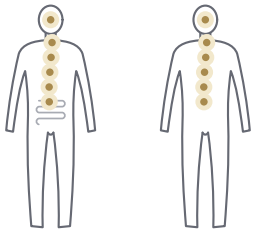
Day 1

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



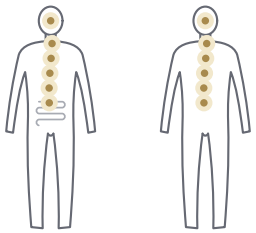
Day 2

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



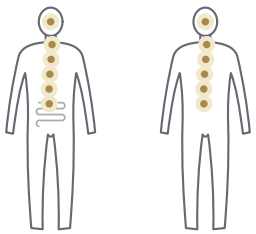
Day 3

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



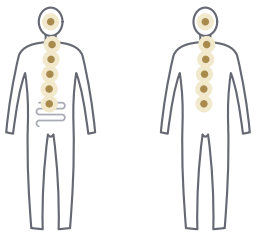
Day 4

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



Your 7-Day Journal

Days 5 to 7, then a look back at the week.

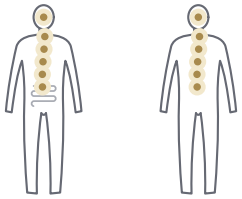
Day 5

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



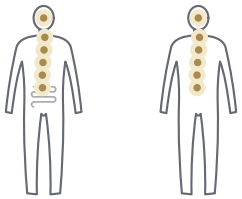
Day 6

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



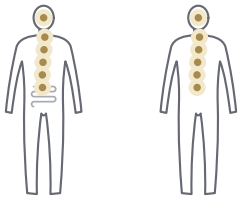
Day 7

Date _____ Time _____ Comfort 1 2 3 4 5

Where I felt something _____

Word for it _____

What I did next _____



The week at a glance

Words I used most often: _____

Where I noticed sensations most often: _____

My comfort ratings were mostly: _____

Reflect and check the evidence

Take 10 minutes after Day 7. Short answers are fine.

Reflection prompts

Which words showed up most often this week?

Did any sensation change while you were simply noticing it?

Was anything hard or uncomfortable to notice? What would you change next week?

Evidence at a glance

ESTABLISHED	Most vagus nerve neurons (about 80%) are sensory, carrying signals from the body toward the brain. The figure traces to a 1937 cat study. [1]
ESTABLISHED	Interoception is the process by which the nervous system senses, interprets and integrates signals from inside the body. [2]
EMERGING	In mice, specialised gut cells can connect directly to vagal neurons and signal within milliseconds. Human relevance is still open. [3]
EMERGING	Accuracy, self-rated sensibility and awareness of interoception are distinct and only partly related (one study, 80 adults). [4]
EMERGING	A 3-month body-scan and breath program changed some self-reported aspects of body awareness versus a control group, but not "noticing". [5]
NOT CLAIMED	That body-awareness practice treats or prevents any condition. Interoception-based approaches for mental health have few studies so far. [2]

Sources

[1] Prescott SL, Liberles SD. Internal senses of the vagus nerve. Neuron. 2022;110(4):579-599 (cites Foley JO, DuBois FS. J Comp Neurol. 1937;67:49-67).
[2] Khalsa SS, Adolphs R, Cameron OG, et al. Interoception and mental health: a roadmap. Biol Psychiatry Cogn Neurosci Neuroimaging. 2018;3(6):501-513.
[3] Kaelberer MM, Buchanan KL, Klein ME, et al. A gut-brain neural circuit for nutrient sensory transduction. Science. 2018.
[4] Garfinkel SN, Seth AK, Barrett AB, Suzuki K, Critchley HD. Knowing your own heart: distinguishing interoceptive accuracy from interoceptive awareness. Biol Psychol. 2015;104:65-74.
[5] Bornemann B, Herbert BM, Mehling WE, Singer T. Differential changes in self-reported aspects of interoceptive awareness through 3 months of contemplative training. Front Psychol. 2015;5:1504.