

ALPIMS Zone Tracker Template

Track your daily system state to identify patterns and support pacing.

■ GREEN ZONE – Regulated

- Calm, focused, socially engaged
- Energy is stable, symptoms are low
- Can tolerate sensory input and daily tasks

■ YELLOW ZONE – Struggling

- Tension, anxiety, mild fatigue
- Increased pain, sensitivity, or irritability
- May need pacing, breaks, and support cues

■ RED ZONE – Crashing

- High fatigue, pain flare, overwhelm
- Cognitive fog, shutdown signs
- Needs low-demand environment and recovery

■ BLACK ZONE – Shutdown

- Total system overwhelm, non-verbal or collapsed
- May feel numb, frozen, or disoriented
- Requires safety, calm, and zero pressure

■■ Daily Zone Log

Date	Morning Zone	Midday Zone	Evening Zone	Notes/Triggers

Use this template to track how your state shifts through the day. Patterns help guide care.