

TRACKER · PUBLIC · 5 MIN

What keeps showing up

A tracker for one context over a few weeks: what you noticed, where it came from, and how much weight it carries. Patterns show themselves over time.

For one context over a few weeks. A recurring feeling before a meeting, a symptom, a pattern in the mornings, a number that keeps moving. You note what you noticed, where it came from, and how much weight it carries. You do not have to know what it means on the day you write it down.

Set it up

- ☐ Name the context. One is enough.
- ☐ Choose the rhythm: each day, or each time it happens.
- ☐ Choose where the log lives: this sheet, a notebook, a calendar, or the Context System.

The log

A signal makes a condition observable. It does not explain itself. A reaction is lighter than a repeated behavior. Silence only counts where a response was expected. Weigh each line before it reshapes anything.

Date	What I noticed	Where it came from	Weight: passing · repeated · sustained	What it might mean (optional)

Every few weeks: what the log shows

Read the log in one sitting. Look for what repeats, what has changed, and what you first read wrong.

What repeats	What has changed	What I first read wrong

What moves, if anything?

A tracker earns the right to say nothing yet. If the log shows something, choose one move. If it does not, keep logging and set a date to read it again.

- ☐ One move:
- ☐ Or nothing yet, because:
- ☐ When I will read the log again:

Context makes signal legible. Signal keeps context current.

In the PLAIT Context System the log is a daily habit inside the PLAIT it belongs to, and the reading is a note beside it. The download carries this tracker as app-aligned entries.

By PLAIT Version 0.1 Updated 2026-10-03

Source: New for the Practice workbench (2026-09-29). Follows signal weight and iteration (Practice Model §5) and the signal-weight check (§6), in the language of a recurring rhythm.

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