

Daily Connection Log

Track your connections — even small ones matter

Why Track Your Connections?

Loneliness is not simply about being alone — it is the feeling that your connections are insufficient. Research consistently shows that **social isolation carries health risks equivalent to smoking 15 cigarettes per day**, increasing premature mortality risk by 26%.¹

Tracking your connections — even brief ones — creates awareness and momentum. A landmark study in *Annals of Behavioral Medicine* found that self-monitoring of social behavior significantly improved well-being outcomes in older adults.² When we notice what we're doing, we're more likely to do more of it.

The U.S. Surgeon General's 2023 Advisory on the Epidemic of Loneliness identified consistent, intentional connection as the primary countermeasure to loneliness-related health decline.³ This log is your tool for building that practice.

What counts as a connection?

- A phone or video call with a friend or family member
- A wave or "good morning" to a neighbor
- A conversation at the grocery store or pharmacy
- Petting a dog or visiting with a pet
- Attending a church service, club meeting, or class
- Writing a letter, email, or card
- A meal shared with another person

How to Use This Log

Each page covers one week. Fill in one row per day. Rate how you felt on a 1–5 scale: **1 = very lonely/low, 5 = connected/uplifted**. Don't judge yourself — just observe. Over time, patterns will emerge: which connections lift you most, which days are hardest, and what small actions reliably help.

"Remember: A wave to a neighbor counts. A phone call counts. Petting a dog counts. There is no connection too small."

Sources:

1. Holt-Lunstad J et al. (2015). Loneliness and social isolation as risk factors for mortality. *Perspectives on Psychological Science*.: <https://journals.sagepub.com/doi/10.1177/1745691614568352>

2. Rook KS, Mavandadi S. (2008). Social isolation and loneliness. In: Handbook of Behavioral Medicine.: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC339891/>
3. U.S. Surgeon General (2023). Our Epidemic of Loneliness and Isolation.: <https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

Connection Log — Week 1

Fill in each row at the end of the day. Even a single connection is worth recording.

Day	Who I Connected With	call / visit / video text / wave / other	1 (low) – 5 (great)	Notes
Monday			1 2 3 4 5	
Tuesday			1 2 3 4 5	
Wednesday			1 2 3 4 5	
Thursday			1 2 3 4 5	
Friday			1 2 3 4 5	
Saturday			1 2 3 4 5	
Sunday			1 2 3 4 5	

Weekly Reflection: Looking back, what one connection felt most meaningful this week? What might you do more of next week?

Remember: A wave to a neighbor counts. A phone call counts. Petting a dog counts. There is no connection too small.

Connection Log — Week 2

Fill in each row at the end of the day. Even a single connection is worth recording.

Day	Who I Connected With	call / visit / video text / wave / other	1 (low) – 5 (great)	Notes
Monday			1 2 3 4 5	
Tuesday			1 2 3 4 5	
Wednesday			1 2 3 4 5	
Thursday			1 2 3 4 5	
Friday			1 2 3 4 5	
Saturday			1 2 3 4 5	
Sunday			1 2 3 4 5	

Weekly Reflection: Looking back, what one connection felt most meaningful this week? What might you do more of next week?

Remember: A wave to a neighbor counts. A phone call counts. Petting a dog counts. There is no connection too small.

Connection Log — Week 3

Fill in each row at the end of the day. Even a single connection is worth recording.

Day	Who I Connected With	call / visit / video text / wave / other	1 (low) – 5 (great)	Notes
Monday			1 2 3 4 5	
Tuesday			1 2 3 4 5	
Wednesday			1 2 3 4 5	
Thursday			1 2 3 4 5	
Friday			1 2 3 4 5	
Saturday			1 2 3 4 5	
Sunday			1 2 3 4 5	

Weekly Reflection: Looking back, what one connection felt most meaningful this week? What might you do more of next week?

Remember: A wave to a neighbor counts. A phone call counts. Petting a dog counts. There is no connection too small.

Connection Log — Week 4

Fill in each row at the end of the day. Even a single connection is worth recording.

Day	Who I Connected With	call / visit / video text / wave / other	1 (low) – 5 (great)	Notes
Monday			1 2 3 4 5	
Tuesday			1 2 3 4 5	
Wednesday			1 2 3 4 5	
Thursday			1 2 3 4 5	
Friday			1 2 3 4 5	
Saturday			1 2 3 4 5	
Sunday			1 2 3 4 5	

Weekly Reflection: Looking back, what one connection felt most meaningful this week? What might you do more of next week?

Remember: A wave to a neighbor counts. A phone call counts. Petting a dog counts. There is no connection too small.

Making Connection a Habit

Research on behavior change shows that small, consistent actions compound over time. The AARP Public Policy Institute found that older adults who maintained regular social contact showed significantly better cognitive and emotional health outcomes over 10-year follow-up periods.⁴

The National Institute on Aging recommends the following strategies for maintaining connection:⁵

- Stay in touch — schedule regular calls, don't wait for others to reach out
- Accept help — allowing others to help you is itself a connection
- Join groups — faith communities, senior centers, hobby clubs, and volunteer programs all reduce isolation
- Seek professional support — your doctor or a counselor can help if loneliness persists

Resources

- Eldercare Locator: 800-677-1116 | eldercare.acl.gov
- AARP Community Connections: 888-687-2277 | aarp.org/connect
- National Senior Corps: volunteer programs nationwide | nationalservice.gov
- Your local Area Agency on Aging: n4a.org/find-your-local-aaa

Sources:

1. Holt-Lunstad et al. (2015). Loneliness as a public health issue. *Perspectives on Psychological Science*.: <https://journals.sagepub.com/doi/10.1177/1745691614568352>
2. Rook KS. (2015). Social networks in later life. *Current Directions in Psychological Science*.: <https://journals.sagepub.com/doi/10.1177/0963721415570643>
3. U.S. Surgeon General (2023). Our Epidemic of Loneliness and Isolation.: <https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>
4. AARP Public Policy Institute. (2012). Loneliness among older adults.: https://www.aarp.org/research/topics/life/info-2014/loneliness_2010.html
5. National Institute on Aging. (2023). Social isolation, loneliness in older people.: <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>