



Observation tracker

Child's name: _____ Date: _____

Behavior or concern I'm keeping track of: _____

Use this tracker for at least two weeks straight, so you have enough information to spot patterns.

When did you observe this concern?	Where did you observe it?	What else was happening when you observed it?
(For example: Monday morning.)	(For example: At home, at a store, or in the car.)	(For example: Screen time just ended, or a friend came over.)

To learn more about how to observe your child, go to u.org/takenote