📝 Progress Tracking Log

📅 **Date:** _____

📌 **Behavior/Skill Tracked:** _____

⭐ **Rating (Scale 1-5):** ☐ 1 = Struggled ☐ 2 = Needs Improvement ☐ 3 = Showing Progress ☐ 4 = Doing Well ☐ 5 = Excellent

🔄 **Frequency of Behavior:** _____

📝 **Observation/Notes:**

📌 How to Use This Sheet:

✔ Date**:** Write the **date** you're observing the behavior.
✅ **Behavior/Skill Tracked:** Choose a **specific** skill or behavior to focus on (*e.g., completing homework, using calming strategies, sharing with peers*).
✅ **Rating Scale (1-5):** Rate how well your child demonstrated the behavior:

- **1 = Struggled**
- **2 = Needs Improvement**
- **3 = Showing Progress**
- **4 = Doing Well**
- **5 = Excellent**
  - ✅ **Frequency of Behavior:** Note how **often** the behavior occurred that day or week.
  - ✅ **Observations/Notes:** Add any **patterns, triggers, or positive changes** you notice.

  By using this sheet **consistently**, you'll be able to **track trends** and make **informed decisions** about the **best strategies** for supporting your child's **growth!**

TROTTA LEARNING
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Let's Connect!

💡 **Need Help Tracking and Adjusting Goals?**

Book a **free 30-minute consultation** for **personalized strategies** to track progress, set realistic goals, and support emotional and behavioral growth.

📅 **Schedule Here**

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📧 **Contact:** TrottaLearningSolutions@gmail.com

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Tracking **progress over time** leads to **better insights, greater success, and meaningful growth**.

💙 **Which skill or behavior will you track first?**

Warmly,

Tom