



This tracker helps your child build daily habits, practice new skills, and celebrate milestones throughout the week. Check off each day as you go!

Habit or Skill	Weekly Goal	How We'll Practice It	Encouragement	MON	TUE	WED	THU	FRI	SAT	SUN
Morning Routine	Brush teeth independently	Complete most steps on their own	5 minutes of playtime							
Communication	Use 3 new words in a sentence	Use new words during play, meals, or conversation	Choose a favorite activity for practicing words							
Social Interaction	Talk or play with a peer for 5 minutes	Start a conversation or join play at least once	Sticker or high-five							
Sensory Breaks	Use a calming tool when feeling overwhelmed	Take a break or ask for a comfort object during difficult moments	Access to a preferred snack or quiet space							
Body Movement	Move or stretch for 10 minutes	Participate in movement breaks or play an active game	Dance break or outdoor play							
Independence	Play independently for 10 minutes	Choose an activity and play without prompts	Pick the next activity or toy							
Self-Care skills	Choose an outfit or help during the dressing routine	Participate more independently in getting ready	Pick their favorite shirt or accessory							