

Date:

### Tracking How I Feel and How I am Doing

If I use or practice using one of my calming strategies and demonstrate safe behaviors - regardless of how I feel, then I color in the green square - I need \_\_\_ greens to earn \_\_\_\_\_

**AM**



<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

**PM**



<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	