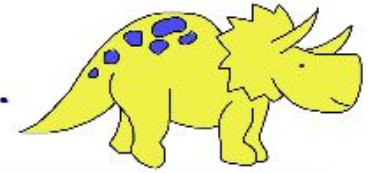


# A Day in the Life Of . . .



Child's name: \_\_\_\_\_

Date: \_\_\_\_\_

Today I had fun when . . .

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today I was:  Happy  Sad  Tearful  Sick  Tired

Today I ate:

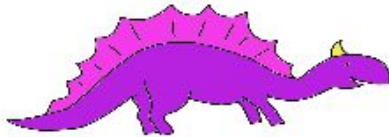
|                   |                    |                   |                    |
|-------------------|--------------------|-------------------|--------------------|
| Breakfast:        | <u>A.M.</u> Snack: | Lunch:            | <u>P.M.</u> Snack: |
| <u>All</u>        | <u>All</u>         | <u>All</u>        | <u>All</u>         |
| <u>Most</u>       | <u>Most</u>        | <u>Most</u>       | <u>Most</u>        |
| <u>Not hungry</u> | <u>Not hungry</u>  | <u>Not hungry</u> | <u>Not hungry</u>  |

I ate: \_\_\_\_\_ I ate: \_\_\_\_\_ I ate: \_\_\_\_\_ I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diaper/Toilet Times:

|                 |    |
|-----------------|----|
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |
| _____ a.m./p.m. | BM |



My Nap Times:

\_\_\_\_ : \_\_\_\_ Until \_\_\_\_ : \_\_\_\_  
\_\_\_\_ : \_\_\_\_ Until \_\_\_\_ : \_\_\_\_

Notes about nap time:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes and Reminders: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

