


**My Mood was:\***

happy  
 okay  
 sad  
 tired  
 upset  
 worried  
 angry  
 "meltdown"  
 \*see note  
 if unusual

**My sleep was:**

great  
 good  
 OK  
 bad  
 what sleep?


**Health**

 **Health comments:**

For dinner I ate:  
 all  some  a taste  none


For breakfast I ate:  
 all  some  a taste  none

**At home I:**

 and I...

watched TV  
 played with siblings  
 saw friends  
 went out to eat  
 went to religious services  
 went to sporting event  
 listened to music  
 played outside  
 went to a party  
 saw relatives  
 used the computer  
 read/listened to books

**Look in my bag for:**



change of clothes (for the season)  
 briefs/underwear  
 diapers/pull-ups  
 wipes  
 lunch money  
 snacks  
 drinks  
 something else

**Family Notes**

