

## PATTERN RECOGNITION TRACKER

**Instructions:** Print this form. Each time you get stuck, use The Stuck Spot Scanner to identify which executive function breakdown you're experiencing. Then mark it on this tracker. At the end of each week, fill out the 'Insights Gained' section at the bottom.

**WEEK OF:** \_\_\_\_\_

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/> Task Initiation	<input type="checkbox"/> Task Initiation	<input type="checkbox"/> Task Initiation	<input type="checkbox"/> Task Initiation	<input type="checkbox"/> Task Initiation	<input type="checkbox"/> Task Initiation	<input type="checkbox"/> Task Initiation
<input type="checkbox"/> Task Switching	<input type="checkbox"/> Task Switching	<input type="checkbox"/> Task Switching	<input type="checkbox"/> Task Switching	<input type="checkbox"/> Task Switching	<input type="checkbox"/> Task Switching	<input type="checkbox"/> Task Switching
<input type="checkbox"/> Working Memory	<input type="checkbox"/> Working Memory	<input type="checkbox"/> Working Memory	<input type="checkbox"/> Working Memory	<input type="checkbox"/> Working Memory	<input type="checkbox"/> Working Memory	<input type="checkbox"/> Working Memory
<input type="checkbox"/> Planning Overload	<input type="checkbox"/> Planning Overload	<input type="checkbox"/> Planning Overload	<input type="checkbox"/> Planning Overload	<input type="checkbox"/> Planning Overload	<input type="checkbox"/> Planning Overload	<input type="checkbox"/> Planning Overload
<input type="checkbox"/> Attention Regulation	<input type="checkbox"/> Attention Regulation	<input type="checkbox"/> Attention Regulation	<input type="checkbox"/> Attention Regulation	<input type="checkbox"/> Attention Regulation	<input type="checkbox"/> Attention Regulation	<input type="checkbox"/> Attention Regulation
<input type="checkbox"/> Cognitive Flexibility	<input type="checkbox"/> Cognitive Flexibility	<input type="checkbox"/> Cognitive Flexibility	<input type="checkbox"/> Cognitive Flexibility	<input type="checkbox"/> Cognitive Flexibility	<input type="checkbox"/> Cognitive Flexibility	<input type="checkbox"/> Cognitive Flexibility
<input type="checkbox"/> Organization	<input type="checkbox"/> Organization	<input type="checkbox"/> Organization	<input type="checkbox"/> Organization	<input type="checkbox"/> Organization	<input type="checkbox"/> Organization	<input type="checkbox"/> Organization
<input type="checkbox"/> Impulse Control	<input type="checkbox"/> Impulse Control	<input type="checkbox"/> Impulse Control	<input type="checkbox"/> Impulse Control	<input type="checkbox"/> Impulse Control	<input type="checkbox"/> Impulse Control	<input type="checkbox"/> Impulse Control

### Insights Gained:

Which breakdown happened most often, if any? \_\_\_\_\_

What day(s) am I most likely to get stuck and why? \_\_\_\_\_

What time of day am I most likely to get stuck and why? \_\_\_\_\_

Rescue Kit tools I used: \_\_\_\_\_