

Trackers & Appointment Prep Sheets

One page per week across all six focus areas, so progress stays visible even on the weeks that felt like nothing worked — plus ready-made questions for your child's care team.

Document 7 of 7

Used on Days 1, 7, 15, 22, 29, 30

Simple self-monitoring and structured data collection have shown real effects on behavior and task outcomes for children with autism and ADHD in recent research^[19] — the trackers ahead aren't paperwork for its own sake. They're what actually lets you see a pattern instead of relying on how one hard afternoon felt.

Your baseline check

Ten minutes, before you change anything. You can't see progress without a starting line.

AREA	RATING (1-5)	ONE-LINE NOTE
Meals / feeding		
Communication		
Movement / focus		
Sensory / transitions		
Sleep		
Behavior / routines		

● [PRINT THIS PAGE](#) · [DAYS 7, 15, 22, 29](#)

Your weekly tracker

One row per week. A single word per box is plenty.

WEEK	FOOD	COMMUNICATION	MOVEMENT	SENSORY	SLEEP
1					
2					
3					
4					

Questions for your pediatrician

Developmental surveillance at every visit is the mechanism meant to catch emerging concerns early^[2] – this sheet makes sure that surveillance actually has something concrete to work with.

- ☐ Growth, nutrition, and whether a limited diet needs a deficiency check (iron, vitamin D, B12, calcium, zinc)
- ☐ Sleep quality – snoring, restlessness, night waking (bring your Document 5 sleep log)
- ☐ Constipation, reflux, or other GI symptoms affecting behavior
- ☐ Whether melatonin is appropriate for persistent sleep-onset trouble, and at what dose
- ☐ Developmental surveillance and screening at this and future visits

Questions for your specialists



SPEECH-LANGUAGE PATHOLOGIST

Has a hearing evaluation been done? Which of the 4 communication rungs (Document 3) fits current ability best? Is an AAC device or picture system worth introducing now?



OCCUPATIONAL THERAPIST

Does the sensory-seeking/avoiding profile from Document 4 match their assessment? Which heavy-work activities are safe and appropriate to expand? Is a formal sensory diet worth building together?



REGISTERED DIETITIAN (IF SELECTIVE EATING IS SIGNIFICANT)

Review the Document 2 meal rotation and food-chaining tracker together. Ask whether current intake covers key nutrients given the foods currently accepted. Discuss whether an additional feeding therapy referral is warranted.

Your one-page family plan

Everything from the month, distilled onto one sheet you can put on the fridge.

AREA	WHAT'S NOW AUTOMATIC	NEXT MONTH'S ONE SMALL STEP	WHO HELPS
Food			
Communication			
Movement			
Sensory			
Sleep			
Routines			



YOU FINISHED A REAL MONTH

Whatever this page looks like — full or half-empty — you ran a structured, evidence-informed system for 30 days. That's the actual milestone, not any single day's outcome.

Gentle Progress Family provides educational, nutrition, routine and caregiving resources. We are not a medical provider and don't diagnose, treat, or claim to cure autism, ADHD, or related conditions. Please involve your child's pediatrician or care team in any health decision.

Sources for this guide: [2] CDC — Developmental Monitoring and Screening · [19] Self-Monitoring effectiveness study (PMC11274114). Full list of 19 references in Document 0 — Start Here.