

Parent Workbook & Progress Journal

This is where you write things down — not think them, not remember them, actually write them. It's the document that turns 90 busy days into 90 days you can genuinely look back on and learn from.

Document 4 of 6

Used every Monday, plus Weeks 4, 8 and 12

Why does a workbook matter at all, when you're already doing the real work in Document 2 every day? Because memory alone is unreliable, especially on an exhausting week. Without writing anything down, every week can start to blur into the next, and it becomes almost impossible to tell whether Month 2 is actually going better than Month 1 — you're too close to it to see clearly by memory alone. Brief, structured self-reflection is one of the simplest ways to see a real pattern that would otherwise get lost in the noise of daily life^[19].

This workbook is built to work hand in hand with Document 2 (The 90-Day Roadmap). Every day, Document 2 gives you a small question to think about before bed. Every Monday, this workbook asks you to put a slightly bigger version of that thinking onto paper. Neither document does its full job without the other — the Roadmap gives you the daily material, and this workbook is where that material actually gets kept.



IF YOU'RE BEHIND, OR HAVEN'T WRITTEN ANYTHING YET

Please don't skip this document because you feel behind on it. This program is a bundle, and every piece connects to the others — the Monthly Reset pages ahead are far more useful with even a little bit of Weekly Reflection behind them. If you've fallen behind, the right move is simply to go back and fill in what you can from memory, then continue forward from today. There is no penalty for a late entry, only value in having it at all.

Your weekly reflection

Two to three minutes, every Monday, right after reading that week's page in Document 2. Short answers are exactly right — but give yourself real room to write them.

Week number and today's date

This month's anchor area (from Document 2, Week 1 or the current month's opening week)

One thing that worked this week — describe it in a sentence or two

One thing that was hard this week — describe it honestly, in a sentence or two

Next week's one small focus

Your 12-week log — Month 1

If you'd rather keep a running log instead of separate weekly sheets, each month has its own page here, with real space per week.

Week 1 (Days 1–8)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 2 (Days 9–15)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 3 (Days 16–23)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 4 (Days 24–30)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Your 12-week log — Month 2

Week 5 (Days 31-38)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 6 (Days 39-45)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 7 (Days 46-53)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Week 8 (Days 54-60)

WHAT WORKED

WHAT WAS HARD

NEXT WEEK'S FOCUS

Your 12-week log — Month 3

Week 9 (Days 61–68)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 10 (Days 69–75)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 11 (Days 76–83)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____

Week 12 (Days 84–90)

WHAT WORKED _____

WHAT WAS HARD _____

NEXT WEEK'S FOCUS _____



A PATTERN IS WORTH MORE THAN A SINGLE WEEK

Don't judge any one week's row on its own. Once you reach Week 12, read back across all twelve — the pattern across a whole season tells you far more than any single week did at the time.

Month 1 Reset — Foundations

This is a bigger check-in than your weekly reflection. Take your time. Answer honestly — "what didn't hold up" matters exactly as much as what did, because Month 2 is built directly on what you write here.

What held up under stress this month? Describe one specific moment.

What didn't hold up, and why? Be honest, not harsh on yourself.

What should Month 2 focus on first, based on everything above?

Month 2 Reset — Building Routines

Same three questions as Month 1. Likely a different anchor area, and quite possibly a different answer to all three.

What held up under stress this month? Describe one specific moment.

What didn't hold up, and why? Be honest, not harsh on yourself.

What should Month 3 focus on first, based on everything above?

Your 90-Day Review

The full arc, closed properly. Give this one real time — fifteen to twenty quiet minutes, if you can find them.

Re-score your six focus areas (1–5): food, communication, movement, sensory, sleep, routines

What are you proudest of from these 90 days? Be as specific as you can.

What still needs the most work, honestly?

What should the next season focus on?



YOU RAN A FULL SEASON

Ninety days of structured, evidence-informed effort is the real milestone here — regardless of what any single day along the way looked like.

Sources for this guide: [19] Self-Monitoring effectiveness study (PMC11274114). Full list of 10 references in Document 1 — Start Here.