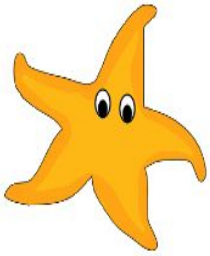

A Day in the Life Of . . .

Child's name: _____

Date: _____

Today I was: __ Happy __ Sad __ Tearful __ Sick __ Tired

Today I had fun when . .

_____

_____

_____

_____

_____

My Nap Times:

__ : __ Until __ : __

__ : __ Until __ : __

Notes about nap time:

_____

_____

_____

_____

Today I ate:

Breakfast:	A.m. Snack:	Lunch:	P.m. Snack:
__All	__All	__All	__All
__Most	__Most	__Most	__Most
__Not hungry	__Not hungry	__Not hungry	__Not hungry
I ate:_____	I ate:_____	I ate:_____	I ate:_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Notes and Reminders: _____

_____

_____

_____

_____

_____

_____

Diaper/Toilet Times:

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

___ am/pm BM

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