

Your Month of Progress:

Check what you practiced—
not perfection, just progress!

Legend

P – Practiced a strategy. R – Reinforced or prompted
N – Noticed success or challenge. B – Took a break intentionally

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
P R N B	P R N B	P R N B	P R N B	P R N B	P R N B	P R N B
P R N B	P R N B	P R N B	P R N B	P R N B	P R N B	P R N B
P R N B	P R N B	P R N B	P R N B	P R N B	P R N B	P R N B
P R N B	P R N B	P R N B	P R N B	P R N B	P R N B	P R N B
P R N B	P R N B	P R N B	P R N B	P R N B	P R N B	P R N B
P R N B	P R N B	P R N B	P R N B	P R N B	P R N B	P R N B

PAUSE AND REFLECT

What felt easiest this month? (List moments or strategies that came naturally or felt rewarding.)

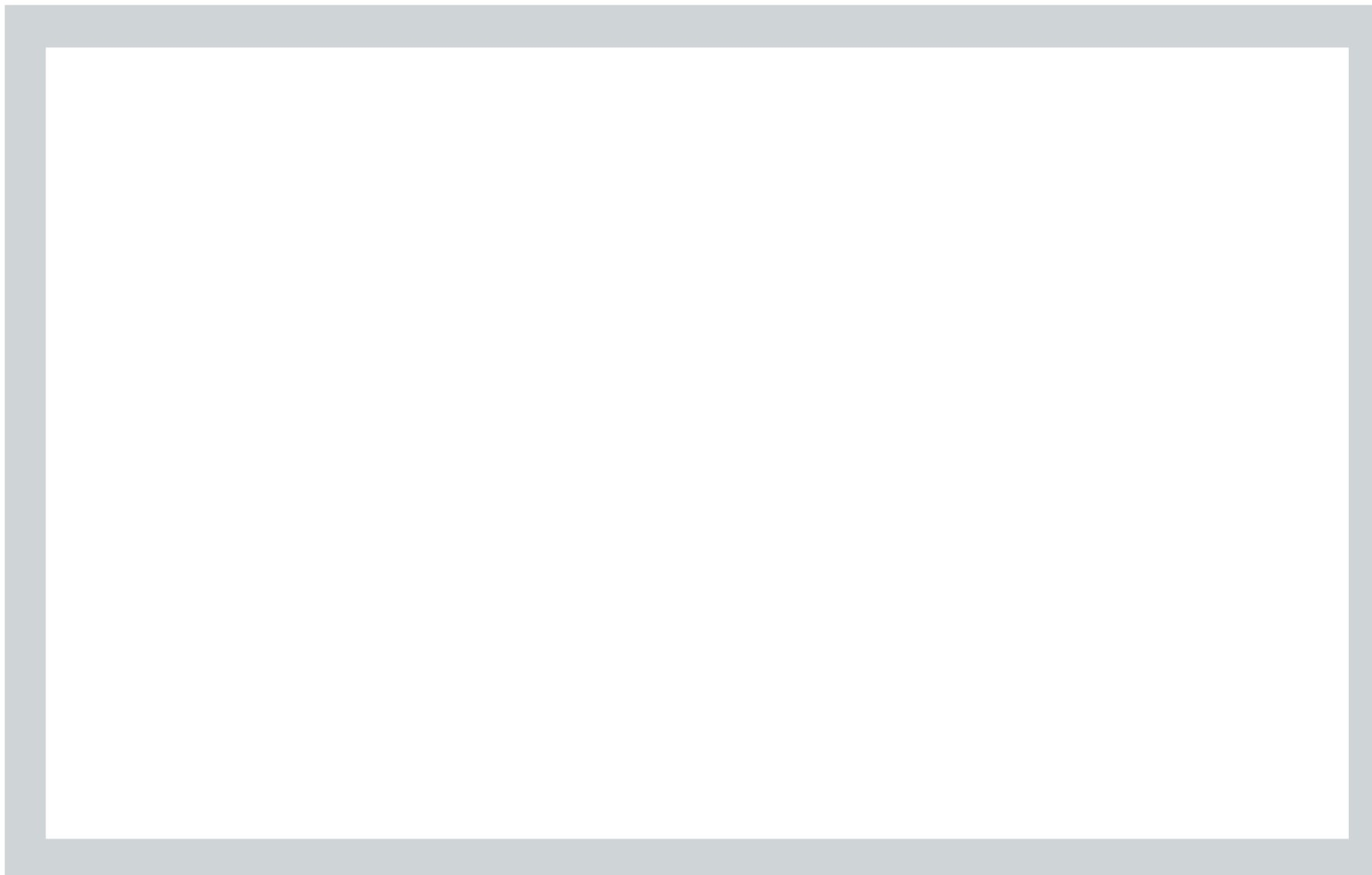
What was most challenging? (Were there any patterns, routines, or situations that felt tough?)

What's one small win you're proud of? (Big or small—anything that helped you or your child grow.)

What's one thing you'd like to focus on next month?

BCBA® CHECK-IN

Use this page to list ideas or questions for your BCBA® at your next check-in.

A large, empty rectangular box with a thick gray border, intended for listing ideas or questions for a BCBA check-in. The box is centered on the page and occupies most of the lower half of the document.