

★ Weekly Progress Tracker ★

Gentle progress, one day at a time. Celebrate effort, not perfect days.

How to use: Down the left, write the times or places the habit usually shows up, like bedtime, the car, or TV time. Each day, add a **sticker** or a **check** every time your child gets through that moment without it.

★ Every sticker is a WIN. Fill a whole row and that's a BIG win! ★

Week of: _____

Time / place	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Bedtime</i>	☆	☆	☆	☆	☆	☆	☆
<i>In the car</i>	☆	☆	☆	☆	☆	☆	☆
<i>Watching TV</i>	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆

The first three are just ideas. Cross them out and write your child's own moments.

★ My prizes!

This week's goal: _____ stickers → I earn: _____

Big finish prize when I'm all done: _____

Look how amazing you are this week! ✨