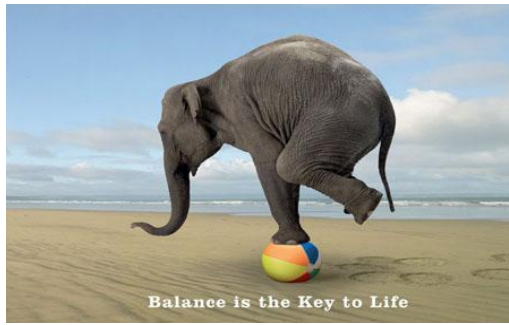


# Finding Balance Self-Tracker



Name: \_\_\_\_\_

Week of:	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Tasks:							
Parent Disability Community Outreach							
Calls with family/friends							
Self-Education regarding child's diagnosis							
Child's Education/Lesson/Goal Planning							
Educational Activities with Child (academic/ behavioral/spiritual)							
Self-Care							
Fun Time with family							
(Add your own)							

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Created by: Tanya Stoeklen M.S., BCBA - Aspire ABA

**Instructions:**

Please use this self-tracker to help you find balance in your daily life. So often, parents and caregivers become so focused on the individual they care for, that they neglect their own needs. Using this tracker can help you see what you are currently spending time on, and what you might want to add more of in your life.