**Avoidance tracking**

Anchor SUDS:

0:

5:

10:

Target:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date: |  |  |  |  |  |  |
| Starting SUDS: |  |  |  |  |  |  |
| End SUDS: |  |  |  |  |  |  |
| Highest SUDS: |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date: |  |  |  |  |  |  |
| Starting SUDS: |  |  |  |  |  |  |
| End SUDS: |  |  |  |  |  |  |
| Highest SUDS: |  |  |  |  |  |  |