









# Daily Life Skills Tracker









Rate each skill using 0–3, and jot down quick notes on successes.

0 = Needed full support  
1 = Needed some help  
2 = Needed a little help  
3 = I did it independently!

| Icon  | Skill             | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Notes |
|---|-------------------|-----|-----|-----|-----|-----|-----|-----|-------|
|    | Brush teeth       |     |     |     |     |     |     |     |       |
|    | Get dressed       |     |     |     |     |     |     |     |       |
|    | Toileting         |     |     |     |     |     |     |     |       |
|    | Wash hands        |     |     |     |     |     |     |     |       |
|    | Eat with utensils |     |     |     |     |     |     |     |       |
|  | Pack backpack     |     |     |     |     |     |     |     |       |
|  | Put toys away     |     |     |     |     |     |     |     |       |
|  | Wipe table/help   |     |     |     |     |     |     |     |       |

Caregiver initials: \_\_\_\_\_ Week of: \_\_\_\_\_

# Daily Life Skills Tracker

| Icon  | Skill                    | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Notes |
|---|--------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
|    | Ask for help (words/AAC) |     |     |     |     |     |     |     |       |
|    | Follow directions        |     |     |     |     |     |     |     |       |
|    | Wait / take turns        |     |     |     |     |     |     |     |       |
|    | Calm-down strategy       |     |     |     |     |     |     |     |       |
|    | Stay with caregiver      |     |     |     |     |     |     |     |       |
|  | Seatbelt safe            |     |     |     |     |     |     |     |       |
|  | Street safety            |     |     |     |     |     |     |     |       |
|  | Try a new food           |     |     |     |     |     |     |     |       |

Caregiver initials: \_\_\_\_\_ Week of: \_\_\_\_\_

# Smiley Stickers & Rewards

Copy/paste or drag these to your tracker cells.

