

Day #: 4 Date: 4/4/10 Su (M) Tu W Th F Sa

Sleep Schedule

Wake Up	Bedtime	Naps
6 am	8 pm	Noon - 2
Comments: Woke up early, had to poop. Stayed in room till 7. Some stimming before nap. Good bedtime.		

Sensory/Physical Therapy/ABA Activity

Activity	Time	Comments
String Beads	8:30 a	Did full 10 min!
Swing	11:30 a	To calm before nap
Color	2:30 p	Would not sit still
Jumping	3:30 p	Very sensory seeking
Waiting	4:00 p	Practiced 'waiting', 5 min

Nutrition

Meal/Time	Foods Consumed/Comments
7:30	GF Pancakes, Soy Milk. Ate all
9:30	GF Pretzels, Hummus, Water
11:45	Soy Yogurt, turkey, Soy Milk
2:30	Apples, PB, Water
5:30	Pot Roast, Potato, GF Bread, Soy Milk
7:30	A few tortilla chips, Water

Behavior Notes

Time/Mishap	Preceding Condition/Action Taken
2:30	Total meltdown when trying to practice coloring. Told to calm down or go to room. Ok in 1 min
4:00	NOT happy with 'waiting' ABA activity. First time doing this though. Just stopped activity

Bio-Breaks

Time	Pee	Poop	Comments
6a, 12	✓	✓	Solid
10, 2	✓		
4, 7	✓		

Supplements/Prescriptions

Variants from List:
Ran out of Probiotic

General

Daily Rate: ☹ 1 2 (3) ☺
Describe Overall Behavior: Good Day! Just had a hard time waking from nap. Some sensory seeking stuff but did a lot of movement to help.
Additional Observations: Good eye contact. Still need to work on using 1st person (say 'I' not 'Owen' wants)
Note any major changes made to daily routine: None

The Plotter

