Session tracker

20 short sessions · one stamp per session, not per result

Date: _____

Name: _____

Session 1
date: _____

+ sample (page 2)

Session 2
date: _____

Session 3
date: _____

Session 4
date: _____

Session 5
date: _____

+ sample (page 2)

Session 6
date: _____

Session 7
date: _____

Session 8
date: _____

Session 9
date: _____

Session 10
date: _____

+ sample (page 2)

Session 11
date: _____

Session 12
date: _____

Session 13
date: _____

Session 14
date: _____

Session 15
date: _____

+ sample (page 2)

Session 16
date: _____

Session 17
date: _____

Session 18
date: _____

Session 19
date: _____

Session 20
date: _____

+ sample (page 2)

For the grown-up: count sessions, not days. Missed days are fine. In studies, programs with fewer than about 20 sessions did not work, and some children see changes sooner. Compare samples every 2-4 weeks, not every day.

Samples

the same line of digits after session 1, 5, 10, 15 and 20

Date: _____

Name: _____

Write at your normal speed: 0 1 2 3 4 5 6 7 8 9

after session 1 date: _____

after session 5 date: _____

after session 10 date: _____

after session 15 date: _____

after session 20 date: _____

Look together: are the digits readable, do they fit the squares, are they about the same size? This is a conversation, not a test or a diagnosis.