

Two-Week Big Feelings Tracker

Bring this to your pediatrician or therapist appointment. Patterns matter more than any single day.

How to use this sheet

Fill in one row each time you notice a big emotional moment — meltdown, shut-down, anxiety spike, refusal. You are collecting **data**, not judging your child.

Tracker

Date	Time	What happened	Feeling (1–10)	What helped

Patterns I'm noticing

Questions I want to ask a professional
