

The Fresh Start Record: Your First Four Weeks

A few lines a week is plenty. Jot down what you did, what went well, and one small thing to try next. Small steps count.

	What we did	What went well	One small thing to try next week
WEEK 1			
WEEK 2			
WEEK 3			
WEEK 4			

This isn't a curriculum. It's a gentle way to notice progress in the first few weeks, at whatever pace works for your family.