

My Personal Weekly Tracker

See how many of **The Basics Principles** you can do for one week. To help you keep track, check the corresponding box below on the day when you and your child have completed a particular activity.

			1 2 3	*	C
	Maximize Love, Manage Stress	Talk, Sing, and Point	Count, Group, and Compare	Explore Through Movement and Play	Read and Discuss Stories
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Start practicing at **TheBasics.org/Brain-Boosts**



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Tues	day					
Wed	nesday					
Thur	sday					
Frida	ıy					
Satu	rday					
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Saturday					
Friday					
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2









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Sunday

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