

Time Tracker





Hey there! Danae Yeboah here.

I think it's awesome that you are putting in the work to help your child strengthen their "task initiation" muscles!

I know how frustrating it can be to have your child constantly pushing back and avoiding tasks. It can affect the whole "flow" of your home routine and impact the environment you are working to create in your home.

That's why I have put together this Time Tracking tool. Using this tool will help your child get started faster on the things they don't want to do. It will also help them fine tune their understanding of how long tasks truly take, which is usually the reason they avoid it in the first place.

The first page has 3 columns - you can use these columns to record the activity, your child's guess and how long the task actually took. Over time, you should see their guesses for tasks becoming more accurate as they develop a better understanding of how long things take.

The second page can be used as a reference chart. Put it on the fridge or somewhere handy so that you can regularly remind your child, "Remember, this task only takes (x) minutes long so if you start now, you'll be done at (time)!"

Check it out below!

Danae

My Results

ACTIVITY

HOW LONG IT TAKES