FFP PROGRESS TRACKING CHECKLIST - First 30 days					*Instructions: at the end of each day (or beginning of next) evaluate your day, put the score (0-7) in the box and plot the number on the chart to see your progress.*
1 ☐ **Schedule (made and used)**	2 ☐ **Schedule (made and used)**	3 ☐ **Schedule (made and used)**	4 ☐ **Schedule (made and used)**	5 ☐ **Schedule (made and used)**
☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**
☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**
☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**
☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**
☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)
☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)
6 ☐ **Schedule (made and used)**	7 ☐ **Schedule (made and used)**	8 ☐ **Schedule (made and used)**	9 ☐ **Schedule (made and used)**	10 ☐ **Schedule (made and used)**
☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**
☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**
☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**
☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**
☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)
☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)
11 ☐ **Schedule (made and used)**	12 ☐ **Schedule (made and used)**	13 ☐ **Schedule (made and used)**	14 ☐ **Schedule (made and used)**	15 ☐ **Schedule (made and used)**
☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**
☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**
☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**
☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**
☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)
☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)
16 ☐ **Schedule (made and used)**	17 ☐ **Schedule (made and used)**	18 ☐ **Schedule (made and used)**	19 ☐ **Schedule (made and used)**	20 ☐ **Schedule (made and used)**
☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**
☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**
☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**
☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**
☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)
☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)
21 ☐ **Schedule (made and used)**	22 ☐ **Schedule (made and used)**	23 ☐ **Schedule (made and used)**	24 ☐ **Schedule (made and used)**	25 ☐ **Schedule (made and used)**
☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**
☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**
☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**
☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**
☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)
☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)
26 ☐ **Schedule (made and used)**	27 ☐ **Schedule (made and used)**	28 ☐ **Schedule (made and used)**	29 ☐ **Schedule (made and used)**	30 ☐ **Schedule (made and used)**
☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**	☐ **In charge (directed the day)**
☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**	☐ **3 Foot Rule (used constantly)**
☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**	☐ **Good responses (mantras; yes dad/mom)**
☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**	☐ **Electronics (none used)**
☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)	☐ Arguments (staying out of them)
☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)	☐ Encouragement (said something positive)