

Role Model Tracker

The more good you notice, the more good you will find!

Use this weekly log to catch your child being kind, resilient, honest, responsible, or brave.

Day	What I Noticed	Trait I Saw
Example	I saw you take a breath before answering. You helped your brother when he was upset.	CALM EMPATHY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY REFLECTION:

What patterns did you notice?