

All About My Day-Toddler/Preschooler

Child's Name: _____

Today's Date: _____

Today I Ate:

Breakfast:

🍏 all 🍏 some 🍏 I wasn't hungry

I ate _____

Morning Snack:

🍏 all 🍏 some 🍏 I wasn't hungry

I ate _____

Lunch:

🍏 all 🍏 some 🍏 I wasn't hungry

I ate _____

Afternoon Snack

🍏 all 🍏 some 🍏 I wasn't hungry

I ate _____

Other drinks/snacks I had today were: _____

My Mood Today:

Happy Chatty Silly Quiet Cooperative
Mischievous Grumpy Sick Tired

My Diaper Changes/Potty Times:

Time	Wet	BM	Used Potty!
_____	🍏	🍏	🍏
_____	🍏	🍏	🍏
_____	🍏	🍏	🍏
_____	🍏	🍏	🍏
_____	🍏	🍏	🍏
_____	🍏	🍏	🍏

At Naptime, I slept from:

_____ until _____

_____ until _____

Notes about nap time: _____

Today, I had fun when we:

Supplies Needed:

🍏 Diapers/Pull-ups

🍏 Extra clothes

🍏 Other: _____

Special Notes:
