SPECTRUMFOX FREE PRINTABLE

Sensory diary (7 days)

One row per day. Note what was too much, what helped, and what you sought out. Senses to think about: sound, sight and light, touch, smell and taste, movement and balance, body signals.

DAY	WHAT WAS TOO MUCH TODAY	WHAT HELPED	WHAT I SOUGHT OUT	ENERGY AT BEDTIME (0 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

At the end of the week: which senses came up most, and which one change would you like to try next week?

FREE PRINTABLE. NOT A TEST OF AUTISM AND NOT A DIAGNOSIS.