



# Daily Sensory Log

A simple daily worksheet for noticing patterns, triggers, and what supports regulation.

Date: \_\_\_\_\_

Observer: \_\_\_\_\_

## Overall Regulation Rating:

1  
Highly  
dysregulated

2  
Occasional  
dysregulation

3  
Mostly  
regulated

4  
Well-regulated  
throughout

### Challenging Moments

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### Triggers Observed

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### Strategies Used

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### What Helped Most

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#### How to Use

Keep notes brief and specific  
Track what happened —not everything  
Circle one simple rating each day  
Notice patterns over time  
Use the same sheet consistently

### Notes

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*Small observations made consistently often reveal the most useful patterns.*