



Sensory Haven
DESIGN

Sensory Tracking Worksheet Set

Beautifully branded tools designed to help families, schools, and clinicians observe patterns, track progress, and build consistency over time.

Daily Log

Capture triggers, strategies, and what helped each day.

Weekly Review

See what worked consistently and what to adjust next.

Routine Tracker

Monitor whether key routines are being used consistently.



Use these sheets consistently to notice what truly makes a difference.