

**Instructions for Completing Your Diary**

Keep the diary by your bed– this way you are more likely to fill it in at the time and get the details accurate.

It doesn’t matter what day you start the diary on, simply fill in day 1 and move through the week to day 7.

Please remember to enter your child’s name so we know who the diary belongs to!

Where it says date, please put the date when you begin the diary.

If the diary isn’t large enough make additional notes on a separate sheet

Please be honest when filling in the diary.

If you don’t understand something, please ask.