



TIME SAMPLE

Your Health Connection

Instructions: Place a tick in the square for the corresponding time period if the target behaviour has occurred at least once.

Behaviour: \_\_\_\_\_ Starting Date: \_\_\_\_\_

	1																				
		<u> </u>																			
DAYS	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S
TOTAL			vv	-	-	0	5	101	-	vv	1	•	0	0	111	-	vv	1	-	0	5
TOTAL		<u> </u>																			

For more information about Triple P parents can contact Health Connection at 705-721-7520 or 1-877-721-7520 or go to the Triple P Website.