

Health Checks

Add ✓ for each day a household member completes a health check.  
Add X for each day a household member misses or skips a required health check.

	Lia	Maxine	Eddie	Charlie
✓				
X				

School Absences and Tardiness

Mark each time a household member is late to or misses school.

	Maxine	Eddie	Charlie

Grocery Shopping Delays

Mark each day your household delays in buying groceries in box below.

Stranded

Mark each time you do not make it home tonight.

Applied for a Job?

Each time you apply at Alexander Spring Social Work, write the week/day below

Strikes

Mark each time you encounter an event that results in a strike.

Health Checks

Add ✓ for each day a household member completes a health check.  
Add X for each day a household member misses or skips a required health check.

	Donna	Jim	Shawn	Kerry
✓				
X				

School Absences and Tardiness

Mark each time a household member is late to or misses school.

		Shawn	Kerry

Grocery Shopping Delays

Mark each time your household delays in buying groceries in box below.

Stranded

Mark each time you do not make it home tonight.

Applied for a Job?

Each time you apply at Alexander Spring Social Work, write the week/day below

Strikes

Mark each time you encounter an event that results in a strike.

# TRACKING SHEET

MIKE

## Health Checks

Add ✓ for each day you complete a health check.  
Add X for each day you miss or skip a required health check.

✓	
X	

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## School Absences + Tardiness

Mark each time you were late to or absent from school.

## Study Sessions

Mark each time you went to campus to study for finals.

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## Grocery Shopping Delays

Mark each time you delayed in buying groceries in box below.

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## Stranded

Mark each time you do not make it home tonight.

## Applied for a Job?

Each time you apply at Alexander Spring Social Work, write the week/day below

## Strikes

Mark each time you encounter an event that results in a strike.

Health Checks

Add ✓ for each day you complete a health check.  
Add X for each day you miss or skip a required health check.

✓	
X	

School Absences + Tardiness

Mark each time you were late to or  
absent from school.

Grocery Shopping Delays

Mark each time you delayed in buying groceries in box below.

Stranded

Mark each time you do  
not make it home tonight.

Applied for a Job?

Each time you apply at  
Alexander Spring  
Social Work, write the  
week/day below

Strikes

Mark each time you  
encounter an event that  
results in a strike.

Health Checks

Add ✓ for each day you complete a health check.

Add X for each day you miss or skip a required health check.

✓	
X	

School Absences and Tardiness

- If you’re attending school: Mark each time you were late to or absent from school.
- If you are absent from school for a 3rd time: You have missed too many classes and are no longer in Good Standing. Draw an X over the Good Standing box.

Late	
Absent	

In Good Standing

Grocery Shopping Delays

Mark each time you delayed in buying groceries in box below.

On Collection Day, collect a Compensation Check for \$

Stranded

Mark each time you do not make it home tonight.

Active P.O. Box?

If at any time you do not pay the P.O. Box fee, draw an X over it. You no longer have access to it.

Joe’s P.O. Box

Strikes

Mark each time you encounter an event that results in a strike.