

OCD Tracking Diary

To be completed by the child (with assistance if needed)

Name:

Directions: Write down your thought, worry or ritual, and mark an “X” in the appropriate box, each time the thought or ritual occurs. Then add up the total for each day and write it in one corner of the box. Use a separate sheet for each thought or ritual that you have.

OCD thought or ritual:

Week/ Dates	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total for the week