

Tracking Diary for Parents

To be completed by the parents

Child's Name:

Age:

Directions: Write down your child's OCD thought or ritual, and mark an "X" in the appropriate box, each time you are aware that your child is having the thought or ritual. Add up the total for each day and write it in the lower right corner of the box. Use a separate sheet for each thought or ritual.

OCD thought or ritual:

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