

PARENTING 2.0 LIFE SKILLS REPORT CARD

LIFE SKILLS REPORT CARD

Personal Care

	Low	-----	High		
Sleep	1	2	3	4	5
Food & water	1	2	3	4	5
Exercise	1	2	3	4	5
Spirit	1	2	3	4	5
Appearance	1	2	3	4	5
Safety	1	2	3	4	5

Organizational

Clothes	1	2	3	4	5
School	1	2	3	4	5
Sports	1	2	3	4	5
Other	1	2	3	4	5
Time utilization	1	2	3	4	5
General schedule	1	2	3	4	5

Respect for self and others

Manners	1	2	3	4	5
Bedroom and household maintenance	1	2	3	4	5
Household rules	1	2	3	4	5
Property of self and others	1	2	3	4	5
Transition times	1	2	3	4	5
Finances	1	2	3	4	5

Communication

Use of "I" statements	1	2	3	4	5
Proactive/Assertive	1	2	3	4	5
Creative/Humor	1	2	3	4	5
Solution oriented	1	2	3	4	5
Listening/Feedback	1	2	3	4	5
Appropriate Vocabulary	1	2	3	4	5

Social

Avoids being critical/focuses on positives	1	2	3	4	5
Takes ownership in problems and conflicts	1	2	3	4	5
Shoots for win/win outcomes	1	2	3	4	5
Shares/Altruism	1	2	3	4	5
Enjoys variety of activities	1	2	3	4	5
Environmentally conscious	1	2	3	4	5

Total LSA (Life Skills Average) _____
Total Possible 150

Progress Notes

Steps to Success

Date _____