First Waves

DATA SHEET (INDEPENDENT / PROMPTED)

I = Independent, P = Prompted

Student: _____	Week: _____	Staff: _____

Primary metric: Calm/Not Calm (I/P). **Optional:** Named feeling, Breath, WALK, Menu selection, Recovery Time.

Date	Calm/Not Calm (I/P)	Named feeling (I/P)	Breath (I/P)	WALK (I/P)	Menu used (I/P)	Recovery Time	Notes
Write I or P in each cell							

Recovery Time: <1 min | 1-2 min | 2-5 min | 5+ min *(Add WALK when <2 min for 3 consecutive days)*