

Session Tracking Log

Track your coloring sessions to discover what works best for your loved one.

Loved One's Name: _____ Started On: _____

Date	Time / Duration	Book & Page / Image Used	Response & Mood (verbal, nonverbal, engagement)	Memories Shared & Notes (stories, names, phrases, emotions)

Tip: Over time, patterns will emerge — which images work best, what time of day is most productive, which topics spark conversation. This log becomes your personalized playbook for meaningful connection.