

My Personal Weekly Tracker

See how many of **The Basics Principles** you can do for one week. To help you keep track, check the corresponding box below on the day when you and your child have completed a particular activity.

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Start practicing at **TheBasics.org/Brain-Boosts**



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		Maximize Love, Manage Stress	Talk, Sing, and Point	Count, Group, and Compare	Explore Through Movement and Play	Read and Discuss Stories
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