

7-Day Attention Observation Log

“Notice patterns before you try to change them.”

Purpose: Notice patterns in energy, focus, and engagement.

Instructions: For one week, record one reading session per day. Keep observations factual and brief.

Day	Start Time	Duration (min)	Setting (Where)	Mood Before	Mood After	Engagement Level (1–5)	What Helped or Hurt Focus?
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

■ **Look for:** consistent “sweet spots” — the same time of day or type of book that holds attention best.

Detailed Observation Log

Your first step is to observe, not to force. For one week, use this log to find your child’s current, honest attention span. This is your baseline. Don’t worry about hitting a “goal”—the goal is just to gather data.

Instructions: During a reading time, keep this log nearby. Note the time you start. The moment your child truly “zones out” (looks away for more than 10 seconds, starts fidgeting heavily, asks to stop), note the time again. That’s it.

Day & Time	Activity Before Reading	Activity During Reading	Total Time (Start to “Zone-Out”)	Notes / Child’s “Vibe”
Mon (6:30 PM)	Dinner	Read-aloud (I read)	6 minutes	A little sleepy, but cuddly.

Day & Time	Activity Before Reading	Activity During Reading	Total Time (Start to “Zone-Out”)	Notes / Child’s “Vibe”
Tues (4:00 PM)	Screen time	Independent (they read)	< 2 minutes	Very fidgety. Couldn’t settle.
Weds (6:30 PM)	Dinner	Partner-read (we trade)	8 minutes	Engaged. Liked trading pages.
Thurs (4:00 PM)	Outdoor play	Read-aloud (I read)	10 minutes	Focused! Body was calm.
Fri (7:00 PM)	Bath time	Read-aloud (I read)	7 minutes	Relaxed, good transition to bed.
Sat (10:00 AM)	Woke up	Independent (they read)	5 minutes	A bit distracted by toys.
Sun (4:00 PM)	Outdoor play	Partner-read (we trade)	12 minutes	Highest time all week!

My Baseline Finding: After 7 days, my child’s best focus seems to be after physical activity (like outdoor play) and their average baseline is ~8–10 minutes. Their worst focus is right after screen time.