Life Skills Tracking Checklist

Name: _____

Date Reviewed: _____ **Reviewed By:**_____

Rating Scale

I = Independent   **S** = With Support   **N** = Not Yet Developed

Communication & Self-Advocacy

Skill	I	S	N
Expresses likes, dislikes, and preferences	☐	☐	☐
Identifies personal strengths	☐	☐	☐
Identifies areas where support is needed	☐	☐	☐
Asks for help when needed	☐	☐	☐
Participates in meetings (at their level)	☐	☐	☐
Makes everyday choices	☐	☐	☐
Uses preferred communication method effectively	☐	☐	☐
Notes:			

Safety at Home & in the Community

Skill	I	S	N
Knows full name and address	☐	☐	☐
Knows emergency contact information	☐	☐	☐
Knows how to call 911 (or emergency number)	☐	☐	☐

	I	S	N
Identifies safe vs. unsafe situations	☐	☐	☐
Identifies trusted adults	☐	☐	☐
Follows home safety rules	☐	☐	☐
Knows what to do if lost	☐	☐	☐

Notes:

Social Skills & Community Participation

Skill	I	S	N
Greets others appropriately	☐	☐	☐
Takes turns in conversation	☐	☐	☐
Respects personal space	☐	☐	☐
Follows group rules	☐	☐	☐
Participates in community activities	☐	☐	☐
Manages sensory needs in busy settings	☐	☐	☐
Handles minor conflicts appropriately	☐	☐	☐

Notes:

Emotional Regulation

Skill	I	S	N
Identifies basic emotions	☐	☐	☐
Uses calming strategies	☐	☐	☐
Follows daily routines	☐	☐	☐
Transitions between activities	☐	☐	☐
Uses coping tools when upset	☐	☐	☐
Notes:			

Daily Routines & Organization

Skill	I	S	N
Follows morning routine	☐	☐	☐
Follows evening routine	☐	☐	☐
Uses planner/calendar/schedule	☐	☐	☐
Uses reminders or alarms	☐	☐	☐
Arrives on time to activities	☐	☐	☐
Notes:			

Self-Care Skills

Skill	I	S	N
Bathes or showers	☐	☐	☐
Brushes teeth daily	☐	☐	☐
Dresses appropriately	☐	☐	☐
Manages personal hygiene needs	☐	☐	☐
Takes medication safely (if required)	☐	☐	☐
Maintains healthy sleep routine	☐	☐	☐
Notes:			

Household Skills

Skill	I	S	N
Sorts and washes laundry	☐	☐	☐
Cleans personal space	☐	☐	☐
Prepares simple meals/snacks	☐	☐	☐
Follows a basic recipe	☐	☐	☐
Participates in grocery shopping	☐	☐	☐
Completes a regular household chore	☐	☐	☐
Notes:			

Transportation & Community Navigation

Skill	I	S	N
Follows pedestrian safety rules	☐	☐	☐
Identifies common community locations	☐	☐	☐
Uses public transit (if appropriate)	☐	☐	☐
Follows a familiar route	☐	☐	☐
Uses maps or transit apps	☐	☐	☐
Notes:			

Money & Budgeting

Skill	I	S	N
Recognizes coins and bills	☐	☐	☐
Makes small purchases	☐	☐	☐
Understands saving vs. spending	☐	☐	☐
Follows a simple budget	☐	☐	☐
Tracks spending (with support if needed)	☐	☐	☐
Notes:			

Summary of Priority Areas

Top 3 Skills to Focus on This Year:

    1.

    2.

    3.

Next Review Date: _____

Summary of Priority Areas