

You can use this form to note how you remember to do a variety of different tasks, track whether those approaches are working for you and list any alternative ways you could help yourself remember. It might help to have a family member or friend assist you with ideas. You can use this form to share your ideas and progress with other Headway clients and staff.

TASKS	WAYS TO HELP YOU REMEMBER	IS IT WORKING?	WHAT ALTERNATIVES COULD YOU USE?
Daily routines such as doing laundry or feeding pets			
Budgeting			
Paying bills			
Appointments and birthdays			
Responding to messages			
Remembering names			
Route finding to a new place			
What you have done that day/conversations			
Social plans			
Remembering food to buy			
Other tasks			