

SAME-DAY WELLBEING LOG — CARD

SAME-DAY WELLBEING LOG — QUICK-CAPTURE CARD

Keep this in the car, the kitchen drawer, or your bag. Fill one box in the moment you get home from seeing the kids — the same day, while it's fresh. This is the cheapest, most persuasive evidence there is (the Gap Report said so): a child's own words, written down on the day.

THE FIVE RULES 1. **Same day.** "5:47pm per phone log" beats "around six" and "last week" beats nothing. 2. **Facts only.** What you saw and heard — not what you feel about it. 3. **Their exact words in "quotes."** Don't tidy them up. The child's own language is the gold. 4. **One event per box.** Never erase or edit — if you got it wrong, add a new box. 5. **Save the proof.** Photo, message, medical note → save it and write down *where*.

ENTRY

- **Date / Time:** _____
- **Which child:** _____ (write the child's name or initial)
- **Where / who was present:** _____
- **What happened (facts only):** _____

- **Their exact words:** " _____ "
- **Concern type:** ☐ emotional distress ☐ disclosure ☐ mark/injury ☐ behaviour change ☐ handover/contact ☐ positive note ☐ other
- **What I did / follow-up:** _____
- **Evidence saved (what & where):** _____

ENTRY

- **Date / Time:** _____
- **Which child:** _____ (write the child's name or initial)
- **Where / who was present:** _____
- **What happened (facts only):** _____

- **Their exact words:** " _____ "

- **Concern type:** ☐ emotional distress ☐ disclosure ☐ mark/injury ☐ behaviour change ☐ handover/contact ☐ positive note ☐ other
 - **What I did / follow-up:** _____
 - **Evidence saved (what & where):** _____
-

ENTRY

- **Date / Time:** _____
 - **Which child:** _____ (write the child's name or initial)
 - **Where / who was present:** _____
 - **What happened (facts only):** _____

 - **Their exact words:** " _____ "
 - **Concern type:** ☐ emotional distress ☐ disclosure ☐ mark/injury ☐ behaviour change ☐ handover/contact ☐ positive note ☐ other
 - **What I did / follow-up:** _____
 - **Evidence saved (what & where):** _____
-

*Within 24 hours, copy each box into your **Wellbeing Log** spreadsheet (it matches the Child Wellbeing tab in Custody Logs 3.0). Then file any photo/message in **06 Child Wellbeing**. Never delete a filed entry — add a new one.*

Clean, fillable copies at allkidslivesmatter.com.au