

Just Checking – Tally Sheet

| Date | Checking on loved ones (did they arrive someplace on time, where they are, are they okay physically and/or emotionally) | Tally how many times you checked |
|------|---|----------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |