Notice patterns with trackers

Add a tracker from the library, log an entry in under a minute, and see the patterns in a report you can share.

A tracker is a short, repeatable check-in about one thing: sleep, mood, meltdowns, meals, focus, medication. One entry on its own says little. A week of them starts to show a pattern, and a pattern is something you can act on, or bring to the next appointment instead of trying to remember.

Start with one tracker. You can add more later, and remove any that stop being useful.

1. Pick one from the library

Open **Trackers** from the sidebar (on a phone, choose **More** in the bar along the bottom; Trackers is the first tile), or from **Explore** at the bottom of your dashboard. Before you have any trackers, the page says **Start with one tracker**. Choose **Browse tracker library**.

The **Tracker library** groups trackers by what they help you notice: behavior, sleep, mood, sensory, meltdowns, feeding, communication, medication, health and more. Search with **What would you like to understand?** if you already know what you are after.

2. Preview it, then add it

Choose **Preview** on any tracker to see exactly what it will ask before you commit. Under **You'll be asked** is every question, and how many are required. Usually only one or two are; the rest are there when you have more to say.

When it looks right, choose **Add this tracker**.

Reminders are your call. Next, Specthrive asks **Want a gentle reminder?** Choose **Remind me** to set one up, or **Not now**. Adding a tracker never creates a reminder by itself.

3. Log an entry

Your tracker now appears under **My trackers**. Choose **Log now** (on a phone, **Log**) to add an entry. **View entries** shows what you have logged so far.

First, when did it happen? Now is already chosen. Pick **Morning**, **Afternoon**, **Evening** or **Night** if it was earlier, or set an exact time. **Not sure** is a real answer too.

Then answer what you can. Required questions are marked. Everything else is optional, and on a phone the extra questions sit behind **Add more detail** so the form stays short. Choose **Log entry** and you're done.

> **Missed a few days?** That is fine. Log what you remember, when you remember it. The report works from whatever is there, and gaps are not held against you.

4. Read the report

Open the tracker and choose **Report**. Pick a range from **Last 7 days** to **Last 90 days**.

Things to notice pulls out a few plain counts, such as "*Average sleep was 8h 30m across 9 nights*". They are counts only, never a clinical interpretation. Below them are the charts for each question.

Taking it to an appointment? Export PDF makes a clean copy to print or send. The "Things to notice" summary stays in the app and is left out of the PDF.

Your logs also count in the record. The record's **Last four weeks** shows how many days each tracker was logged, and your notes stay in the tracker. See Keep a record you can hand to anyone.

Who sees your trackers

Trackers belong to the profile you log them on. People in your family workspace see them. A coach or therapist sees them only if **trackers** is one of the areas shared with them; see Working with a coach or therapist.