

Sustained Attention 30-Day Training Tracker

Daily log to build and track your child's attention stamina over one month

30-Day Attention Training Plan

This tracker helps you systematically build your child's sustained attention over 30 days. The approach is simple: choose one focus activity per day, note the duration, and track progress. Like physical training, the goal is gradual overload — slightly longer or slightly more challenging each week.

How to Use This Tracker

- 1 Choose 2-3 focus activities your child enjoys (puzzles, building, drawing, reading, etc.)
- 2 Start with a baseline: on Day 1, note how long they naturally sustain focus before disengaging
- 3 Each day, provide the activity and aim for the target duration (see weekly targets below)
- 4 Record actual duration — no judgment. Some days will be shorter.
- 5 At the end of each week, calculate the average and adjust the next week's target
- 6 Celebrate progress — even 1-2 minutes of improvement per week is significant

Weekly Targets (Adjust to Your Child's Baseline)

WEEK	GOAL	STRATEGY
Week 1 (Days 1-7)	Establish baseline — observe natural attention duration	No pushing. Just provide the activity and note how long they engage. Remove distractions (screens, toys, noise).
Week 2 (Days 8-14)	Baseline + 2 minutes	Sit with them. Add one gentle prompt when they start to disengage: "You're almost done with that row."
Week 3 (Days 15-21)	Week 2 average + 2 minutes	Increase task complexity slightly. Add a visual timer so they can see the time. Praise effort and persistence.
Week 4 (Days 22-30)	Week 3 average + 2 minutes	Begin stepping back — less prompting, more independent focus. Try the activity in a slightly less controlled environment.

Daily Tracking Log

DAY	DATE	ACTIVITY	TARGET (MIN)	ACTUAL (MIN)	DISTRACTIONS?	NOTES
1			Baseline			
2			Baseline			
3			Baseline			
4			Baseline			
5			Baseline			
6			Baseline			
7			Baseline			
			Week 1 Avg:			
8						
9						
10						
11						
12						
13						
14						
			Week 2 Avg:			
15						
16						
17						
18						
19						
20						
21						
			Week 3 Avg:			
22						

DAY	DATE	ACTIVITY	TARGET (MIN)	ACTUAL (MIN)	DISTRACTIONS?	NOTES
23						
24						
25						
26						
27						
28						
29						
30						

Week 4 Avg:

End-of-Month Summary

Week 1 average attention duration

Week 4 average attention duration

Total improvement (minutes gained)

Most effective activity for building focus

Biggest distraction to address next month

Next month's attention target

If your child's attention seems to plateau or decrease mid-month, check the basics: sleep, nutrition, screen time, and emotional state. Also consider switching the activity — novelty resets engagement. A lack of progress after 30 days of consistent effort (with adequate

sleep and nutrition) may warrant a conversation with your pediatrician about attentional development.

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