

Check-In Survey

Name: _____

Date: _____

Instructions: Complete the check-in survey. Color how you feel today.



Can you share why? _____



Check-In Survey

Name: _____

Date: _____

Instructions: Complete the check-in survey. Color how you feel today.



Can you share why? _____

Check-In Survey

Name: _____

Date: _____

Instructions: Complete the check-in survey.

Which puppy best describes how you feel today? _____



Why? _____



Check-In Survey

Name: _____

Date: _____

Instructions: Complete the check-in survey.

Which puppy best describes how you feel today? _____



Why? _____

Check-In Survey

Name: _____

Date: _____

EMOTIONS CHECK-IN

How are you feeling? What's your mood?

HAPPY



SAD



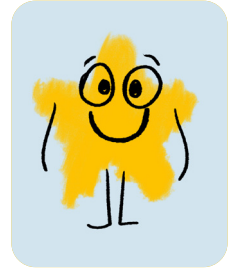
ANGRY



NERVOUS



EXCITED



Why? _____



Check-In Survey

Name: _____

Date: _____

EMOTIONS CHECK-IN

How are you feeling? What's your mood?

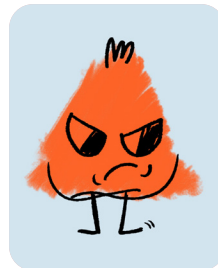
HAPPY



SAD



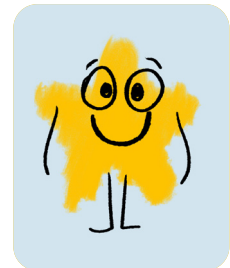
ANGRY



NERVOUS



EXCITED



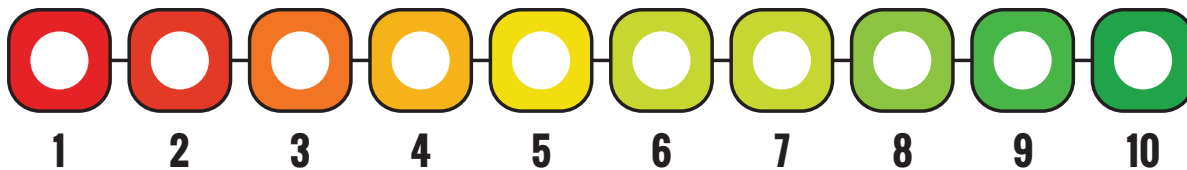
Why? _____

Check-In Survey

Name:

Date:

1. On a scale from 1 to 10, how is your day going? (1 = difficult day, 10 = excellent day)



2. List three words that represent how you feel today.

3. What is something that you found challenging today?

4. What is something that you are looking forward to?

5. What is one short-term goal you have?

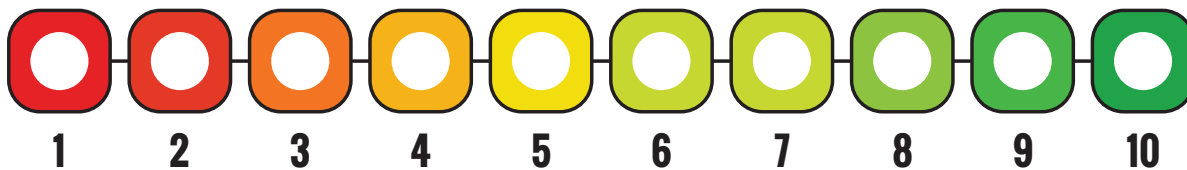


Check-In Survey

Name:

Date:

1. On a scale from 1 to 10, how is your day going? (1 = difficult day, 10 = excellent day)



2. List three words that represent how you feel today.

3. What is something that you found challenging today?

4. What is something that you are looking forward to?

5. What is one short-term goal you have?
