



FAMILIES / CLINICIANS / SCHOOLS

Function and state tracker

A reusable print worksheet for documenting baseline, context, observable change, measurement, action, and recovery without treating timing as causation.

USE THIS WHEN

A meaningful change needs a shared factual record.

TIME NEEDED

Five minutes now; ten after recovery.

TAKE OR SHARE

Share only the pages needed.

Describe first. Interpret second.

A sequence can generate a useful hypothesis; it does not prove the cause. Record what was observable, what else was happening, what was measured, and how recovery looked.

Educational resource only. It does not replace individualized clinical judgment, genetic counseling, local guidance, or emergency evaluation.





01 / BEFORE THE CHANGE

T0 - reliable baseline

Baseline is what the person could reliably access before the event, not the highest skill ever demonstrated and not a diagnosis-wide expectation.

COMMUNICATION AND ATTENTION

How did the person usually understand, answer, and sustain access?

MOVEMENT AND PARTICIPATION

Usual gait, tone, coordination, endurance, play, school, or work access.

SLEEP, INTAKE, AND BOWEL PATTERN

Usual timing, quality, and supports.

MOOD, SENSORY REGULATION, AND PAIN SIGNALS

What was typical and how were needs communicated?

USUAL SUPPORTS

People, pacing, environment, positioning, food, hydration, toileting, rest, or sensory tools.



02 / WHAT CHANGED BEFOREHAND

T1 - context and load

Check only what was actually present. The checklist supports memory; it does not assign cause.

☐ Illness or infection concern☐ Sleep loss or unusual schedule☐ Constipation or bowel change☐ Pain, injury, dental, or urinary concern☐ Reduced intake or dehydration☐ Medication, supplement, or formulation change☐ Procedure, anesthesia, or recovery☐ Hormonal or menstrual transition☐ High sensory or social demand☐ Travel, school, therapy, or routine change☐ Unusual physical activity or fatigue☐ No clear change identified

CHRONOLOGY BEFORE THE EVENT

What changed first? Record dates or time intervals if they matter.

COMPETING CHANGES

What else happened in the same window?

Chronology is a signal, not proof.

A repeated temporal pattern may justify better measurement. It does not establish mechanism or treatment response by itself.



03 / WHAT HAPPENED

T2 - observable event

Avoid intent labels. Record onset, duration, awareness, movement, breathing, color, communication, pain signals, recurrence, and safety actions.

DATE, TIME, AND SETTING**WHO OBSERVED IT****WHAT HAPPENED IMMEDIATELY BEFORE****OBJECTIVE DESCRIPTION**

Use observable words. Quote the person's communication when possible.

DURATION AND RECURRENCE**AWARENESS AND COMMUNICATION****BREATHING, COLOR, MOVEMENT, PAIN****IMMEDIATE SAFETY ACTION****When urgent care applies**

This tracker is not a triage tool. Follow the person's emergency plan and seek urgent evaluation for any change that feels unsafe.



04 / WHAT WAS CAPTURED AND WHAT HAPPENED NEXT

T3 measurement and T4 action

A result is only as informative as its timing and acquisition quality. Record actions with their intended target and keep simultaneous changes visible.

MEASUREMENT OR TEST**CLINICAL QUESTION****TIMING AND ACQUISITION QUALITY**

Before, during, or after? Was sleep or the representative event captured? What limitations applied?

RESULT IN ORIGINAL WORDING

Attach the formal report when available.

ACTION OR NO-ACTION

Medication, support, rest, hydration, food, toileting, environmental change, procedure, or observation only.

INTENDED TARGET AND TIMING**IMMEDIATE RESPONSE****COMPETING CHANGES**

What else changed at the same time?

Interpret narrowly.

A normal result answers only the question captured. A response can be important and still have multiple explanations; timing alone does not establish a treatment effect.



05 / CLOSE THE EPISODE

T5 - recovery and what the pattern raises

Recovery is part of the event. Record duration, completeness, recurrence, and whether a new baseline remained.

RECOVERY COURSE

When did recovery begin? Was it gradual, abrupt, complete, or incomplete?

CURRENT BASELINE

What is reliably accessible now?

RECURRENCE

Did a similar pattern recur under similar or different conditions?

Source and certainty

☐ Original record

☐ Family-reported

☐ Observed
history

☐ Photo / video

☐ Hypothesis

QUESTION OR COMPETING EXPLANATION

OBSERVATION OR MEASUREMENT THAT COULD DISTINGUISH IT