

Nail Biting Trigger Tracker

Use this one-week tracker to notice patterns. Each time nail biting happens, write down what was happening and how your child felt. Celebrate awareness—not perfection.

Date	Time	What was happening?	How did my child feel?	Where were they?	What helped instead?

Look for patterns:

- Does it happen before school or bedtime?
- During screen time or homework?
- After stressful moments?
- When your child's hands are idle?
- Which replacement strategy worked best?