



# Mission Plan Practice Log

Keep track of your mission practice progress.

Date	Mission Plan Practice Activity	Reward	Anxiety Scale Rating 0-10 OR Easy   Medium   Hard			Did you learn anything new?  For example: did it go better than you thought it would? Was it easier than you expected? Did it get easier the more you did it? Did you get to do anything fun because of it?
			BEFORE	DURING	AFTER	
Monday	I sat in a darkroom with my mom for 2 minutes at 4:00pm when it was still bright outside	1 Brave Buck	Medium	Medium	Easy	It was scary at first, but then I felt better. I thought I wouldn't be able to sit in the dark for 2 minutes straight, but 2 minutes was pretty short. I think I can try longer next time. My mom was really proud of me.
Tuesday	I was by myself in a dark room with one of my nightlights on and my mom was not there. It was around 5:00pm so it was getting a little dark outside.	3 Brave Bucks	Medium	Hard	Easy	It was less scary than I thought it would be! I usually have two nightlights, but one nightlight was bright enough. I thought I would start crying and call for my mom, but I didn't.
Wednesday	I was by myself without my mom in the dark with a nightlight for 5 minutes	3 Brave Bucks	Medium	Hard	Hard	It was scarier than I thought and mom came back in my room. I'll try again tomorrow for only two minutes.