



ACTIVITY BUDS RECORD SHEET for (Name) _____

Fill this form out each day CAREFULLY – It is a key element in providing the safest possible lesson for your child. (THERE ARE **ADDITIONAL IMPORTANT DIRECTIONS** ON THE BACK OF THIS BUDS SHEET)

ACTIVITY: Begin at the time this child woke up in the morning, assess the activity level every ___ hours until bedtime at night. Assess activity as follows: 1 lethargic, 2 below normal, 3 normal, 4 very active, 5 hyperactive, 6 barely manageable and please record your assessment of the activity level within a parenthesis () below the sleep timeline.

Please use the following symbols to complete the BUDS SHEET for each day indicated. See Example >>>>

- B** Above the sleep-time line to indicate a **bowel movement**, circle the B if something was unusual about it.
- U** Above the sleep-time line to indicate **urination**, circle the U if something was unusual about it.
- DRAW A LINE through the **sleep-time** line to indicate any periods your child was asleep.
- b** Under the sleep-time line to indicate when he or she ate **breakfast**
- l** Under the sleep-time line to indicate when he or she ate **lunch**, **s** to indicate any **snack**
- d** Under the sleep-time line to indicate when he or she ate **dinner**

B U (3) (3) (3) 30 6 30 7 30 8 30 9 30 10 30 b Cereal / Banana / White grape juice
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IN THE 3 LINES BELOW THE SLEEP-TIME LINE INDICATE ALL FOODS AND BEVERAGES CONSUMED

Sunday Date _____ Instructor initial here _____

12 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30 NOON 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30

Monday Date _____ POOL TEMPERATURE _____ F The lesson was _____ minutes today Instructor initial here _____

12 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30 NOON 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30

Monday: Float Rollback Wall work Swim Flipovers Swim /Float/ Swim Sequence Clothes 1 2 3 4 5

Tuesday Date _____ POOL TEMPERATURE _____ F The lesson was _____ minutes today Instructor initial here _____

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Tuesday: Float Rollback Wall work Swim Flipovers Swim /Float/ Swim Sequence Clothes 1 2 3 4 5

Wednesday Date _____ POOL TEMPERATURE _____ F The lesson was _____ minutes today Instructor initial here _____

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Thursday Date _____ POOL TEMPERATURE _____ F The lesson was _____ minutes today Instructor initial here _____

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Thursday: Float Rollback Wall work Swim Flipovers Swim /Float/ Swim Sequence Clothes 1 2 3 4 5

Friday Date _____ POOL TEMPERATURE _____ F The lesson was _____ minutes today Instructor initial here _____

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Friday: Float Rollback Wall work Swim Flipovers Swim /Float/ Swim Sequence Clothes 1 2 3 4 5

Please record any additional notes about the weekend here ... _____

Special BUDS Notations – Please review these with the instructor

- DR** Above the sleep line for a **medical appointment**
- *** Above the sleep-time line to indicate the time when any **injury** was sustained
- M** Above the sleep-time line to indicate any **medication** that was given. Identify it within the 3 diet lines using parentheses.
- F** Above the sleep-time line to indicate when a **fever** was noticed and a circled F when the fever was gone.
- V** Above the sleep-time line to record when a **vomiting** episode occurred, circle the V for a spit-up episode
- R** Above the sleep-time line to indicate when a **skin rash** was noticed.
- <>** Above the line to show when the child was **not with you** directly (day care, mom’s day out, baby sitter etc.)
- ^^** Above the time line for any period the child was **in the water** other than in ISR lessons

For the “At lessons today” items, circle what is being learned and underline what was practiced.

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I will take or have taken my child’s temperature within the hour of his or her lesson and accurately recorded it on this form (if so directed) as well as assessing the activity level and recording (if so directed). I accept the responsibility to inform the Instructor of any medications my child may be taking. I realize I should check with my child’s pharmacist and physician concerning the activity of learning aquatic survival skills and swimming and contraindications for such medications.

Parent or Guardian _____ Date _____