

Custody journal

Month _____

Year _____

Child or children _____

Page _____

DATE	CUSTODY DAY	EXCHANGE	NOTES (FACTS ONLY: WHAT, WHERE, WHEN)
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
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	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	
	☐ Me ☐ Co-parent	☐ On time ☐ Late ☐ Didn't happen ☐ Cancelled ☐ None	

Write it the same day. One line per day, facts only. If you add something later, write the date you added it.

An organizing tool, not legal advice. What you should record depends on your situation and your state. Ask a family lawyer licensed in your state.