

TODDLER WELLNESS MILESTONE TRACKER

Child's Name: _____

Pediatrician: _____

AGE	DEVELOPMENTAL FOCUS	DONE	NOTES/DATE
18 Mo	Walks independently, uses spoon, says 10+ words, points to show interest.		
24 Mo	Runs, kicks a ball, 2-word phrases, follows simple instructions, parallel play.		
30 Mo	Jumps in place, uses buttons/zippers, knows some colors, imaginative play begins.		
3 Years	Climbs well, talks in sentences, shares toys, toilet training progress.		
4 Years	Hops on one foot, draws person with 3 parts, sings songs from memory.		

Growth Tracking

Current Height: _____

Current Weight: _____

Note: This chart is for informational purposes. Consult your pediatrician for clinical assessments.