CO-PARENTING LOG

Name: _____ Page ____ of ____

- Write it the same day
- Facts, not feelings
- Save the original and note where it is
- One event per row

DATE	TIME	TYPE	WHAT HAPPENED (FACTS ONLY)	ORIGINAL SAVED WHERE	PLAN SECTION	FOLLOW-UP
11/14/2026	6:12 pm	Late exchange	Arrived at school pickup 6:12 pm; plan says 6:00 pm. Child picked up 6:15 pm.	Text, screenshot 11-14-01.png	§4.2	None

Example row shaded. Types: exchange, message, call, missed time, school, medical, activity, expense, other. This log is a personal organizing tool, not legal advice. Parallel Parent · parallelparent.io