

BEHAVIOR TRACKING WORKSHEET

Directions: Take note of your child's behavior by documenting the following:

Date:

A – Antecedent – What was happening before the behavior occurred? Who was present? When did the behavior happen? How was your child feeling before the behavior occurred?

B – Behavior – What was the behavior? Hitting? Screaming? Melting down?

C – Consequence – What was the consequence? Did your child get what he wanted? Did he lose a privilege? Did the adult or another child react? Did your child get out of something that he didn't want to do? If an adult reacted, how did they react? Did they raise their voice? Did their face become animated?