

# BEHAVIOR TRACKING SHEET

## Understanding Patterns • Supporting Progress LCBWA – Low Country Behavior & Wellness Agents

*Use this sheet anytime a behavior occurs that you want to better understand.*

*Record what happened, when it happened, and any details that may help identify patterns such as time of day, environment, or events leading up to the behavior.*

*You can fill out one line per occurrence or complete multiple pages as needed.*

### *Tips for Accurate Tracking*

- *Keep descriptions objective and neutral*
- *Use short phrases that clearly describe what happened*
- *Track both challenging behavior and positive behaviors*
- *Share completed sheets with your BCBA or care team weekly*
- *Look for patterns related to time, environment, tasks, or transitions*
- *Celebrate improvements — even small ones*

### *Why This Helps*

*Behavior tracking empowers families and providers to:*

- *Understand the why behind behaviors*
- *Create more effective strategies*
- *Support your child's growth*
- *Strengthen communication between home and therapy*
- *Identify what's working and what needs adjusting*

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Date: *March 12, 2025*

Time: *4:15 PM*

Behavior Observed:

*Crying and refusing to  
clean up toys*

What Happened Before (Antecedent):

*Parent asked child to put away blocks before  
starting snack time. Child was playing with blocks  
for about 20 minutes and was not ready to stop.*

What Happened After (Consequence):

*Parent calmly reminded child of the rule (“First clean up, then  
snack”), offered help, and modeled putting blocks into the bin. Child  
accepted help after about 2 minutes and cleaned up together with  
parent. Snack followed immediately.*

Duration / Intensity (Optional)

*Lasted about 2 minutes*

*Intensity: 3/5 (moderate)*

Notes / Additional Observations:

*Child had a shorter nap today and seemed tired. This behavior happens  
more often when transitioning away from preferred play activities. May  
benefit from a visual transition warning (ex: “2 more minutes of play”).*

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*Date:* .....

*Time:* .....

*Behavior Observed:*

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*What Happened Before (Antecedent):*

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*What Happened After (Consequence):*

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*Duration / Intensity (Optional)*

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*Notes / Additional Observations:*

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*Time:* .....

*Behavior Observed:*

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*What Happened Before (Antecedent):*

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*What Happened After (Consequence):*

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*Duration / Intensity (Optional)*

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*Notes / Additional Observations:*

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*Behavior Observed:*

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*What Happened Before (Antecedent):*

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*What Happened After (Consequence):*

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*Duration / Intensity (Optional)*

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*Notes / Additional Observations:*

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*Behavior Observed:*

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*Notes / Additional Observations:*

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