ABC Behavior Tracking Sheet

A simple way to notice what happens **before** and **after** a behavior. Record observations, not guesses about intent.

How to use this sheet

• Choose one clearly described behavior (for example, “left the table” rather than “was defiant”).

• Immediately after an event, record the antecedent (what happened just before), behavior (what you saw/heard), and consequence (what happened right after).

• Include context such as time, location, demands, sensory conditions, or changes in routine.

• Look for repeated patterns across several entries. Share observations with your child’s support team; ABC notes alone do not establish a behavior’s function.

Worked example

When / where	Antecedent (before)	Behavior (observable)	Consequence (after)
Mon, 4 pm / kitchen	Parent asked child to stop tablet use and wash hands.	Child shouted “No!” and moved away from sink.	Parent offered a 2-minute warning and a choice of soap.

Blank ABC data sheet

Child/learner: _____ Behavior to observe: _____

Date / time / setting	Antecedent	Behavior	Consequence

Date / time / setting	Antecedent	Behavior	Consequence

Patterns noticed / questions for the team: _____

_____ _____

Caregiver reminder

Prioritize safety, dignity, communication, and supportive responses. Do not use this form as a substitute for an individualized assessment.