Public Outing Checklist & Tracking Chart

Quick Instructions for Families

Use these two tools together to prepare for outings, practice skills, and track what works over time.

1. Before the outing — complete the checklist

Review the **Before the trip** section. Set a simple expectation, pack support tools (such as snacks, sensory items, or visuals), plan a manageable outing, and decide on an exit plan.

2. During and after the outing — return to the checklist

Use the **During the trip** reminders to reinforce helpful behavior, stay calm, and offer support. Afterward, review the **After the trip** section to reflect on what happened and what to teach or practice next.

3. Record the outing on the chart

Use **one row per outing**. Enter the date and time, location, activity, expectation, support tools, and exit plan. After the outing, record whether you stuck to the expectation, whether you needed the exit plan, and the total time.

4. Look for patterns and plan the next trip

Compare your entries to see which supports helped, how long outings lasted, and when an exit plan was needed. Use that information to make your next outing manageable and gradually build skills and tolerance.

Pages 2–3 contain the original Public Outing Checklist and Public Outing Chart.

Public Outing Checklist

Remember:
Not to expect too much, too fast. We are learning!
Not to react in the moment, focus more on prevention
Not to focus on stopping the behavior- focus on teaching

Before the trip

- ☐ Set expectations (Prime your kiddo). Keep it short and simple and stick to it.
- ☐ Bring support tools (snacks, preferred items, sensory items, visuals, etc.)
- ☐ Plan for your trip to be short and simple - slowly build tolerance and skills
- ☐ Have an exit plan

During the trip

- ☐ Catch the good and reinforce (do so very frequently at first)
- ☐ Stay calm - don't react in the moment
- ☐ Don't try to "stop" the behavior, offer support and use your exit plan if needed

After the trip

- ☐ Teach
- ☐ Take note of trip lengths to identify your child's baseline (compare trips with and without behaviors to see where your child's toleration is so you can slowly increase)
- ☐ Remind yourself, you are not failing! You both are learning and it takes time.

Date & Time	Location	Activity	Expectation set	Support tools	Exit plan	Did you stick to the expectation	Needed to use exit plan	Total time
1/23/45 2-3:03pm	Walmart	Shopping	First shop, then home	Snacks Headphones Tablet	Dad will finish shopping while we head home	Yes	No	1hr 3m