



ABC TRACKER

The University of Texas at Tyler School of Medicine



BE HAPPY

Notice your child's helpful and unhelpful behaviors and complete the tracker using the ABC model. Try to track one behavior each day of the week!

Date/Time	W's (Who, Where, When)	Activating Event (What was your child doing right before the behavior occurred?)	Behavior (Action, length, severity)	Conclusion (How people/things responded, what child got/did not get, punishments, rewards)	Function (What need was the behavior trying to meet? Sensory, Escape, Attention, Tangible?)

