

ABC Behaviour Tracking Sheet

Understanding Behaviour Through Antecedent • Behaviour • Consequence

About This Resource

This ABC (Antecedent–Behaviour–Consequence) tracking sheet is designed to help parents, teachers, and therapists better understand why behaviours happen. By recording what happens before, during, and after a behaviour, we can identify patterns and support more effective strategies.

What is ABC?

Antecedent (A) – What happened before the behaviour? (e.g., instruction given, denied access, transition)

Behaviour (B) – What did the child do? (e.g., crying, hitting, running away)

Consequence (C) – What happened after the behaviour? (e.g., attention given, demand removed, ignored)

What's Included

This resource includes two versions of the ABC tracking sheet:

1. Open-Ended Version

- Write your own observations freely
- Suitable for therapists or detailed data collection

2. Tick-Box Version

- Select from provided options
- Quick and easy for parents or busy settings

How to Use

- Record behaviours as soon as possible after they occur
- Be objective and specific (describe what you see, not interpretations)
- Use consistently to identify patterns over time
- Share the data with therapists/teachers if needed

Usage & Sharing

This resource is for personal and educational use only.

- You may print and use these materials for your child or students
- If sharing or distributing, please include this first page in full
- Selling or redistribution without credit is not permitted

To learn more about ABA services, contact us at admin@dynamics.com.sg to schedule a free 20 minutes phone call with our ABA team!



BEHAVIOUR TRACKING SHEET

**Date/Time/
Setting**

Antecedent

Behaviour

Consequence

Note

Date/Time:

Location:

Who:

What happened before the behaviour:

Describe the behaviour:

How did you/others react immediately after the behaviour:

Date/Time:

Location:

Who:

What happened before the behaviour:

Describe the behaviour:

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Date/Time:

Location:

Who:

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Describe the behaviour:

How did you/others react immediately after the behaviour:



BEHAVIOUR TRACKING SHEET

**Date/Time/
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Antecedent

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Consequence

Note

Date/Time:

Location:

Who:

- Denied access
- Waiting
- Loud noisy environment
- Activity interrupted
- Transition
- Attention given to others
- Left alone
- Other, _____

- Refused to follow direction
- Crying/ Whining
- Screaming/ Yelling
- Biting
- Spitting
- Kicking
- Flopping
- Running away
- Hitting self
- Hitting others
- Other, _____

- Physical assistance
- Blocked and redirected
- Verbal redirection
- Verbal reprimand
- Kept demand
- Left alone
- Time-out
- Ignored problem behaviour
- Offer comfort/reassurance
- Other remarks/ Laughter
- Other, _____

Intensity:

- Low
- Medium
- High

Duration:

- < 1 min
- 1 - 5 min
- 5 - 10 min
- 10 - 30 min
- ½ - 1 hr
- 1+ hr

Frequency: _____

Date/Time:

Location:

Who:

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