AGES 3–12 PRINTABLE WORKSHEET

Behavior ABC Tracker



WHAT THIS IS

ABC tracking shows what happens before (A), during (B), and after (C) a behavior, so patterns become clear.

HOW TO USE IT

1. Write it down soon after, in plain facts.
2. Fill in A, B, and C for each event.
3. After a week, look for patterns.

EXAMPLE

"A: asked to stop tablet. B: screamed and threw the remote. C: I gave 10 more minutes."

A · Antecedent
What happened right before?

B · Behavior
What did I see and hear?

C · Consequence
What happened right after?

Date / time	A: Before	B: Behavior	C: After

Patterns I notice (time of day, place, people, tasks):

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