

Which Sheet Should I Use?

Different tracking sheets answer different questions. Choose the sheet that matches what you actually want to understand.

CHOOSE BY THE QUESTION YOU ARE ASKING

1 How often did this happen?	Behavior Frequency Tracker Count occurrences during a defined observation period.
2 What happened before, during, and immediately after?	Context / ABC Observation Sheet Document observable context around an event.
3 What support did we try, and how did the person respond?	Support + Response Tracker Record the moment, support used, observed response, and next consideration.
4 Across the day, what supports seemed useful and what should we reconsider?	Daily Support Review Step back and review patterns across several moments or supports.

TRACKING BEHAVIOR AND TRACKING SUPPORT ARE DIFFERENT JOBS

Behavior tracking Use it when the behavior or event itself is the measurement or observation target.	Support-response tracking Use it when the question is what support was needed, what was tried, and how the person responded.
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Observation note: These sheets can help organize what was observed. A single observation does not establish why something happened, prove that a support caused a response, or measure treatment effectiveness.

This pack includes all four sheets.

[Learn about support planning + response tracking](#)

Behavior Frequency Tracker

Use this sheet when the main question is: "How often did this defined behavior or event occur?"

COUNT ONE CLEARLY DEFINED EVENT DURING A DEFINED OBSERVATION PERIOD.

DATE

PERSON / INITIALS (optional)

OBSERVER (optional)

SETTING / ACTIVITY

OBSERVATION START

OBSERVATION END

WHAT ARE YOU COUNTING?

Describe what counts as one occurrence so observations can be recorded consistently.

TRACK OCCURRENCES

Use one row per time block or observation segment.

TIME / PERIOD	TALLY	COUNT	BRIEF NOTE

SUMMARY

TOTAL OCCURRENCES

TOTAL OBSERVATION TIME

RATE, IF USEFUL

ANYTHING IMPORTANT ABOUT THE OBSERVATION PERIOD?

Note unusual schedule changes, interruptions, setting changes, or other context that may matter.

Context / ABC Observation Sheet

Use this sheet when the main question is: "What happened around the observed behavior?"

A = BEFORE / ANTECEDENT B = BEHAVIOR OBSERVED C = AFTER / CONSEQUENCE

DATE

PERSON / INITIALS (optional)

OBSERVER (optional)

SETTING / ACTIVITY

BEHAVIOR OR EVENT BEING OBSERVED

OBSERVATION 1

TIME

A - BEFORE / ANTECEDENT

What happened immediately before?

Activity, request, transition, or setting change.

B - BEHAVIOR OBSERVED

What did you observe?

Describe only what was seen or heard.

C - AFTER / CONSEQUENCE

What happened immediately after?

Response, activity change, pause, access, or

OBSERVATION 2

TIME

A - BEFORE / ANTECEDENT

What happened immediately before?

Activity, request, transition, or setting change.

B - BEHAVIOR OBSERVED

What did you observe?

Describe only what was seen or heard.

C - AFTER / CONSEQUENCE

What happened immediately after?

Response, activity change, pause, access, or

OTHER RELEVANT CONTEXT OR NOTES

Use this space for information that may matter but does not fit cleanly into A, B, or C.

ABC observations document what occurred around an event. They do not, by themselves, establish cause or function.
Use observations as one source of information alongside the person's communication, preferences, history, and other relevant context.

Support + Response Tracker

Use this sheet when the question is: "What support did we try in this moment, and how did the person respond?"

MOMENT / CONTEXT -> SUPPORT -> RESPONSE -> REVIEW / NEXT

DATE / TIME

PERSON / INITIALS (optional)

OBSERVER (optional)

1. CONTEXT / MOMENT

What was happening? Note the task, transition, routine, setting, or situation.

2. WHAT SEEMED HARD / WHAT SUPPORT WAS NEEDED?

Describe what you noticed without assuming what the person was thinking or feeling.

3. SUPPORT TRIED

Record the actual support used: visual, movement, communication, sensory, environmental, task, predictability, co-regulation, or other.

4. OBSERVED RESPONSE

What did you observe while or after the support was used? Record what was seen, heard, or communicated.

5. DID IT APPEAR HELPFUL?

Choose the option that best matches this observation. It is okay to choose unclear.

☐ Helpful

☐ Partly helpful

☐ Unclear

☐ Did not appear helpful

6. PERSON'S FEEDBACK / PREFERENCE

If available: speech, AAC, gesture, refusal, preference, or other communication.

7. WHAT MIGHT BE WORTH CONSIDERING NEXT?

Repeat, adjust, pause, ask, observe more, or consider another support.

ADDITIONAL NOTES

Observed response notes can inform future planning, but they do not by themselves prove that a support caused the response or establish treatment effectiveness. Consider the person's communication, preferences, history, and other relevant context.

Daily Support Review

Review supports across the day and decide what may be worth repeating, adjusting, or watching next.

PLAN / USE -> OBSERVE -> REVIEW -> ADJUST

DATE

PERSON / INITIALS (optional)

SETTING(S) (optional)

SUPPORTS ACROSS THE DAY

Moment / task / context	Support planned or used	Observed response	Next
			☐ Repeat ☐ Adjust ☐ Unsure
			☐ Repeat ☐ Adjust ☐ Unsure
			☐ Repeat ☐ Adjust ☐ Unsure
			☐ Repeat ☐ Adjust ☐ Unsure
			☐ Repeat ☐ Adjust ☐ Unsure

END-OF-DAY REVIEW

WHAT SEEMED MOST HELPFUL TODAY?

WHAT WAS DIFFICULT OR STILL UNCLEAR?

WHAT DO WE WANT TO REPEAT, ADJUST, OR CONSIDER NEXT TIME?

PERSON'S FEEDBACK / PREFERENCES (optional)

Record self-report, AAC, gesture, refusal, preference, or other communication when available.

This review summarizes observations across a day. It can support planning, but it does not by itself establish why something happened or prove that a support caused a response. Use the person's communication, preferences, history, and other relevant context.