

ABC (ANTECEDENT-BEHAVIOR-CONSEQUENCE) TRACKING SHEET

Record what happens before and after a behavior to identify patterns and possible triggers.

Child/Student Name: _____

Date(s): _____

Observer/Relationship: _____

Setting: ☐ Home ☐ School ☐ Other

Quick Reference Guide

A – Antecedent (Triggers)

What happened immediately before the behavior?

- Asked to do a task / transitioning
- Told “no” / object taken away
- Attention diverted to someone else
- Environment too loud / crowded

B – Behavior (Action)

What did the child specifically do? (Be objective)

- Yelled, screamed, or cried
- Hit, kicked, or pushed
- Threw an object
- Refused to follow direction

C – Consequence (Result)

What happened immediately after the behavior?

- Given verbal attention or comfort
- Reprimanded or corrected
- Allowed to skip or delay the task
- Lost a privilege or item

Date / Time	Antecedent (A)	Behavior (B)	Consequence (C)
	<i>What happened right before?</i>	<i>What did the behavior look like?</i>	<i>What happened right after?</i>

This tool is for tracking and informational purposes only and is best used alongside guidance from a qualified behavior support professional (e.g., BCBA) — not as a substitute for professional support.