



Behavior Tracking Log (5-Day)

| Day | Target Behavior | Trigger / Context | What Went Well | Challenges | Parent Response / Strategy Used | Outcome / Notes |
|-------|-----------------|-------------------|----------------|------------|---------------------------------|-----------------|
| Day 1 | | | | | | |
| Day 2 | | | | | | |
| Day 3 | | | | | | |
| Day 4 | | | | | | |
| Day 5 | | | | | | |

Notes:



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SAMPLE

| Day | Target Behavior | Trigger / Context | What Went Well | Challenges | Parent Response / Strategy Used | Outcome / Notes |
|-------|----------------------------|---------------------------------|---------------------------------|---------------------------------------|--|---|
| Day 1 | Following Directions | Transition from play to dinner | Used a 5-minute warning | Refused at first, needed extra prompt | Stayed calm, used a timer to help transition | Eventually cooperated, but needed reminders |
| Day 2 | Using calm words | Sibling took favorite toy | Used words before yelling | Still raised voice a bit | Reminded to use "I feel" statements | Improved from yesterday, used words faster |
| Day 3 | Completing morning routine | Running late for school | Brushed teeth without prompting | Struggled with getting dressed | Used visual checklist to guide steps | Morning was smoother overall |
| Day 4 | Waiting turn | Playing board game with sibling | Waited quietly twice | Got frustrated after losing | Praised attempts and encouraged deep breaths | Needed support but showed effort |

Notes:



💡 Need assistance or would like to book another session?

Book a **free 30-minute consultation** to get **personalized guidance**.



[Schedule Here](#)

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Warmly,

Tom