

## **Data Tracking Form Frequency of Behaviors Instructions**

Tracking frequency of target behaviors is the ideal way to track data on behaviors such as wrist-biting, aggression, object throwing, and verbalizations. Make sure the target behavior is specific. For example, if the target behavior is aggression, you could define it specifically as “any attempted or actual physical contact with obvious attempt to harm or push away.”

Instructions: Determine the length of time you will observe the child in advance. Set a timer to go off at the end of that time period. Make a tally mark in the appropriate box every time the target behavior is observed.

Ideally, data-tracking should be done for a specified amount of time for three consecutive days. For example, data-tracking could occur during math instruction from 9:00 am to 9:15 am for three consecutive days. Upon completion of the three days, determine the average number of times the target behavior was exhibited during the three data-tracking days. This will minimize the possibility of unusual factors such as a particularly good/bad day for the student.

Initial data-tracking should occur before intervention, such as the use of certain sensory strategies. Follow-Up data tracking should take place after the intervention has been fully established (i.e. after putting a sensory diet into place and determining the plan is being carried out appropriately and used consistently). In most cases, one month is a sufficient amount of time to determine effectiveness of an intervention. At that point, it is useful to modify the intervention as needed and then do follow-up data tracking again one to two months later.

Follow-Up data tracking should follow the same guidelines as initial data-tracking – three consecutive days at the same time each day that was used for the initial data-tracking. Once again, the number of times the target behavior was observed during each data-tracking session should be averaged to minimize variables.

## Data Tracking Form Frequency of Behaviors

**Target Behavior:** \_\_\_\_\_

### Pre-Intervention

Date:			
Time of Day:			
Location:			
Total time observed:			
Tally marks indicating behavioral occurrences			
Frequency (i.e. times/minute or times/15 minutes behavior was observed)			
			3-Day Average:

### Follow-Up (Intervention may be on-going)

Date:			
Time of Day:			
Location:			
Total time observed:			
Tally marks indicating behavioral occurrences			
Frequency (i.e. times/minute or times/15 minutes behavior was observed)			
			3-Day Average: