



Behavior Pattern Tracker: Spot What's Really Going On

When you're in the middle of a hard week, every difficult moment can feel random and constant. A behavior pattern tracker is a simple habit that turns that fog into something you can actually see, usually within a couple of weeks.

"You don't need more willpower to notice the pattern. You need two weeks of the same five details, written down."

HOW TO USE IT

- 1 Keep it dead simple.** Date, time, what happened, what happened right before, what happened right after. That's enough.
- 2 Log it as soon as you can after the moment.** Not at the end of the day, details fade fast.
- 3 Don't try to track everything at once.** Pick the one or two behaviors that matter most right now.
- 4 Give it two full weeks before looking for a pattern.** A handful of entries is anecdote; two weeks is data.

READING WHAT YOU'VE COLLECTED

- ☐ Look for repeats first: same time of day, same setting, same task, same person present.
- ☐ Check what happens right before, more than what happens during, antecedents are usually more useful than the behavior itself.
- ☐ Notice what happens right after, too, sometimes the pattern is being unintentionally reinforced by what comes next.

TRY THIS

A one-line format you can use in your phone's notes app:
[Time] – [Behavior] – [What happened right before] – [What happened right after].

PUTTING IT TO USE

Once a pattern shows up, target that one specific situation first, rather than trying to fix everything at once.

Bring the tracker to your child's BCBA, therapist, or pediatrician, real, dated data is far more useful to them than a general description.

Keep tracking even after things improve. It's the easiest way to catch a pattern returning early.

BxLight is designed by a BCBA for educational purposes only, and is not a substitute for individualized professional care — if you're working with a BCBA, therapist, or other provider, they know your child best.

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