



Simple Behavior Log: A 2-Minute Daily Habit

You don't need a spreadsheet or a clinical background to start tracking behavior meaningfully. A simple behavior log is a habit you can build in two minutes a day, and it's often the single most useful thing you can hand a BCBA, therapist, or teacher who's trying to help.

"A messy log kept for three weeks beats a perfect system you gave up on after two days."

HOW TO USE IT

- 1 Pick one consistent time to log.** Like right after bedtime, rather than trying to catch every moment live.
- 2 Use the same three or four fields every day.** What happened, when, how intense it felt (1–5), what helped.
- 3 Keep entries short.** A sentence is plenty, this only works if it's sustainable.
- 4 Log the good days too, briefly.** "Quiet day, no notable moments" is useful data on its own.

REVIEWING YOUR LOG

- ☐ Read back over a full week at once, not day by day, the pattern is easier to see zoomed out.
- ☐ Circle repeats: same time, same intensity, same trigger word.
- ☐ Note what's trending better, not just what's still hard, progress is often easy to miss without a written record.

TRY THIS

Set a nightly reminder on your phone: "Log today." Answer just four questions: What happened? When? How big (1–5)? What helped?

MAKING IT LAST

Keep the log somewhere you'll actually open it daily, a phone notes app usually works better than a notebook that gets left behind.

Share it directly with your child's care team rather than summarizing from memory, the raw entries are more useful than your recap.

Revisit old entries every month or so; distance often makes patterns clearer.

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