

Behavior & Meltdown Tracking Log

Track Patterns • Identify Triggers • Communicate with Providers

Use this log to record meltdowns, challenging behaviors, and patterns over time. Tracking for even 1–2 weeks often reveals clear triggers and effective strategies. Bring this log to therapy sessions and IEP meetings.

How to Use This Log

A = Antecedent: What happened right before the behavior? (demand, transition, noise, change in routine, denied access, social conflict)

B = Behavior: What did your child do? Describe it objectively without judgment. (screamed, hit, ran away, shut down, covered ears)

C = Consequence: What happened right after? (got attention, escaped task, accessed item, was left alone, was comforted)

Tracking Log — Week of: _____

Monday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
Tuesday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
Wednesday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
Thursday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
Friday	Time:	Duration:	Intensity (1-5):
A:		B:	

C:		What helped:	
Saturday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
Sunday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	

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Monday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
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A:		B:	
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Saturday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	
Sunday	Time:	Duration:	Intensity (1-5):
A:		B:	
C:		What helped:	

Weekly Pattern Analysis

At the end of each week, review your logs and answer these questions:

Most common time of day for incidents:

Most common trigger/antecedent:

Most common behavior:

Most effective calming strategy:

Pattern I noticed this week:

Something that worked well this week:

Something I want to discuss with the therapist/school:

Goal for next week:
