ABC data sheet

Each time the behavior happens, write what came just before it (antecedent), what the person did (behavior) and what happened right after (consequence). Describe what you saw and heard, not why you think it happened.

Learner / student _____ Observer _____ Setting _____

Target behavior and definition: _____

Date and time	Antecedent: what happened right before?	Behavior: what exactly did they do?	Consequence: what happened right after?	Activity / people present

ABC checklist (structured)

A faster version once you know the common antecedents and consequences for this person. Tick one or more in each column per occurrence. Edit the lists to fit the person before you copy the sheet.

Learner / student _____ Observer _____ Target behavior _____

Date and time	Antecedent	Consequence	Notes
	☐ Demand or instruction given ☐ Told no / item denied ☐ Attention given to someone else ☐ Transition between activities ☐ Alone / nothing to do ☐ Other: _____	☐ Demand removed or delayed ☐ Attention or reprimand ☐ Item or activity given ☐ Ignored / no change ☐ Redirected ☐ Other: _____	
	☐ Demand or instruction given ☐ Told no / item denied ☐ Attention given to someone else ☐ Transition between activities ☐ Alone / nothing to do ☐ Other: _____	☐ Demand removed or delayed ☐ Attention or reprimand ☐ Item or activity given ☐ Ignored / no change ☐ Redirected ☐ Other: _____	
	☐ Demand or instruction given ☐ Told no / item denied ☐ Attention given to someone else ☐ Transition between activities ☐ Alone / nothing to do ☐ Other: _____	☐ Demand removed or delayed ☐ Attention or reprimand ☐ Item or activity given ☐ Ignored / no change ☐ Redirected ☐ Other: _____	
	☐ Demand or instruction given ☐ Told no / item denied ☐ Attention given to someone else ☐ Transition between activities ☐ Alone / nothing to do ☐ Other: _____	☐ Demand removed or delayed ☐ Attention or reprimand ☐ Item or activity given ☐ Ignored / no change ☐ Redirected ☐ Other: _____	
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