

CHILD / STUDENT

WEEK OF

BEHAVIOR (define clearly):

HOW TO MARK EACH BOX

Leave blank = did not happen / = happened once or twice X = happened a lot

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							

Once a few days are filled in, patterns jump out. A row full of X marks means a time of day that is hard; a column full of marks means a hard day. Both point to where to add support or change the routine.

Pattern Finder

Which time of day has the most marks? _____

What usually happens at that time (transition, demand, hunger, tiredness)? _____

Which day was hardest — what was different? _____

One change to try at the peak time: _____

Tip: many behaviors cluster around transitions, waiting, or unstructured time. Adding a warning, a visual schedule, or a short break just before the peak time often helps most.