

# HOW TO USE A TRACKER

Determine the desired behaviors (*When stressed—take a 5 min. time out, ignore people who frustrate me, use a squeezy until I calm, remove myself to a quiet corner.*

Keep the tracker visible, taped on the corner of desk or readily available in front on journal book or in a clear sleeve on desk.

When the child self directs to a time out, or uses a squeezy or puts head down, provide a point under the day of the week. For a negative behavior, provide a point near the bottom.

Set a goal for points and an incentive to reach those points. Send the tracker home at the end of each week (keep a tally) for parents to observe and help modify the targeted behavior.



## Stay on Track Name: \_\_\_\_\_

*Establish the target behaviors. Use tallies each day. Beat your total points each week.*

😊 Behavior	Monday	Tuesday	Wednesday	Thursday	Friday
☹ Behavior					

Total Positives less the total negatives \_\_\_\_\_