

Bright Steps Free Behavior Tracker

Before → Behavior → After

Write down what happened **right before** the behavior, **what your child did**, and **what happened right after**. Do this for 5–7 days. Patterns will show up. When you're ready, bring this to the Bright Steps BIP Builder and we'll turn it into a plan.

Day & time	What happened right before	What my child did	What happened right after	How big was it? (1–5)

Tip: "Right before" could be a request, a change, a noise, hunger, or being tired. "Right after" is what we did — gave the item, walked away, sent to room, hugged, etc.

7-Day Behavior Count

Pick **one** behavior to watch this week (example: hitting, screaming, leaving the room). Make a tally mark each time it happens. At the end of the week, count them up.

Behavior I'm watching: _____

Day	Morning	Afternoon	Evening	Night	Total
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Week total					

What I learned this week

Next step: Got 5–7 days of notes? Visit brightstepsbehavior.lovable.app/bip-builder and we'll turn your notes into a calm, do-it-tonight plan.