OBSERVATION WORKBOOK

ABC behavior chart

One entry per page. Write observable facts and identify whether the account was witnessed or reported.

ENTRY 01

DATE AND TIME

LOCATION / SETTING

OBSERVER / SOURCE

A ANTECEDENT / WHAT HAPPENED BEFORE?

The event, request, transition or setting immediately beforehand.

B BEHAVIOR / WHAT WAS ACTUALLY OBSERVED?

Actions, words, duration or measurable details. Avoid interpretations.

C CONSEQUENCE / WHAT HAPPENED NEXT?

Describe the immediate responses and changes without guessing why.

CONTEXT, RECORD REFERENCE OR FOLLOW-UP QUESTION

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ABC behavior chart

One entry per page. Write observable facts and identify whether the account was witnessed or reported.

ENTRY 02

DATE AND TIME

LOCATION / SETTING

OBSERVER / SOURCE

A ANTECEDENT / WHAT HAPPENED BEFORE?

The event, request, transition or setting immediately beforehand.

B BEHAVIOR / WHAT WAS ACTUALLY OBSERVED?

Actions, words, duration or measurable details. Avoid interpretations.

C CONSEQUENCE / WHAT HAPPENED NEXT?

Describe the immediate responses and changes without guessing why.

CONTEXT, RECORD REFERENCE OR FOLLOW-UP QUESTION

POCKET REFERENCE

How to complete a useful record

A short guide for clearer notes and more productive conversations with a school or support team.

01

BEFORE

Describe the immediate setting and event.

Better: 'Asked to put art supplies away at 9:10.'

02

BEHAVIOR

Use words a camera or audio recording could capture.

Better: 'Sat beneath the table for four minutes.'

03

AFTER

Record what adults and peers did, then what occurred.

Better: 'Adult waited nearby; activity resumed.'

QUICK QUALITY CHECK

- ☐ Date, setting and source are identified
- ☐ Facts are kept separate from assumptions
- ☐ Second-hand reports are marked as reported

IMPORTANT SCOPE

An ABC record is an observation aid. It cannot diagnose a condition, prove cause, identify behavior function or replace a professional assessment.