



# BEHAVIOUR MONITORING CHART

|  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|
| <b>Instructions</b><br>1. Establish a <i>colour code</i> with highlighters, 1 for <u>each</u> target behaviour.<br>2. Use the assigned colour to indicate each occurrence of the target behaviour.<br>3. Do not exceed 3 behaviours on this chart. |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    | <b>Target Behaviour Colour Code (highlight colour)</b><br><ul style="list-style-type: none"> <li>▪ Normal</li> <li>▪ _____</li> <li>▪ _____</li> <li>▪ _____</li> </ul> |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| <b>Purpose Statement:</b>  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    | <b>Person's Name:</b>   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| Day  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19  | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |  |  |  |  |  |  |
| Hour   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0700   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0800   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0900   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1000   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1100   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1200   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1300   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1400   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1500   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1600   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1700   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1800   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 1900   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 2000   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 2100   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 2200   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 2300   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 2400   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0100   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0200   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0300   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0400   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0500   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| 0600   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |

Adapted with permission: J. Rader, *Reclaiming the Magic of Caring* (1994)