

Tracking Changes in Behaviors and Symptoms

1. **List three target behaviors or symptoms** (what is likely to change with treatment).
 - A.
 - B.
 - C.

2. **Describe a poor outcome for each behavior.** (On a scale of 1 to 5, rate these as 1.)
 - A.
 - B.
 - C.

3. **Describe the desired outcome for each behavior.** (On a scale of 1 to 5, rate these as 5.)
 - A.
 - B.
 - C.

4. Keep track of behaviors using the chart on page 2.
 - Before starting treatment, keep track of symptoms for two to seven days.
 - After treatment starts, keep track for two to four weeks.
 - **Treat only one symptom at a time.**

Each time a behavior occurs, rate it on a scale from 1 to 5, with 5 being the best outcome. You may rate it based on how often the behavior occurs, how long it lasts or how intense it seems.

5. Compare your rating at the end of treatment with those from before treatment.

Example

Target behaviors:

- A. Constipation
- B. Eye contact
- C. Banging head

Poor outcomes:

- A. Hard stools
- B. No eye contact
- C. Head banging

Desired outcomes:

- A. Normal stools
- B. Better eye contact
- C. No head banging

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A. 2	A. 2	A. 3	A. 3	A. 2	A. 3	A. 4
B. 1	B. 1	B. 1	B. 2	B. 3	B. 3	B. 3
C. 3	C. 3	C. 4	C. 3	C. 4	C. 5	C. 4

continued



