

Date	Time	A — Antecedent What happened right before?	B — Behaviour Exactly what did the person do?	C — Consequence What happened right after?	Duration How long?	Intensity Rate 1–5

Intensity Scale

1 = Very mild 2 = Mild 3 = Moderate 4 = Severe 5 = Very severe / safety risk

What to Record

Be specific and objective. Describe what you saw, not what you think it means. Avoid labels — describe the actual behaviour (e.g. "hit the table twice" not "had a tantrum").

Return Completed Logs To

Return this log to your PBS Practitioner by email or bring it to your next session. Logs are reviewed at each check-in.