

POSITIVE BEHAVIOR CHART

A customizable tool to encourage and celebrate positive behaviors

INSTRUCTIONS:

1. Choose 3-5 specific behaviors you want to encourage
2. Fill in the chart with your child's name and the target behaviors
3. Decide on a meaningful reward when goals are met
4. Each time your child demonstrates a target behavior, add a sticker or checkmark
5. Celebrate progress and discuss the chart regularly with your child

TIPS FOR SUCCESS:

- Focus on specific, observable behaviors (e.g., "Puts toys away" rather than "Is good")
- Keep it positive - track what to do, not what to avoid
- Make goals achievable - start small and build on success
- Be consistent with acknowledging behaviors and providing rewards
- Involve your child in choosing behaviors and rewards when possible
- Provide immediate verbal praise along with marking the chart
- For younger children, focus on shorter timeframes (daily); for older children, weekly goals may work better

MY POSITIVE BEHAVIOR CHART

Name: _____ Week of: _____

BEHAVIOR	MON	TUE	WED	THU	FRI	SAT	SUN
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

REWARD GOAL: _____

NOTES:

