4-term data sheet: MO, S^D, B, C

Each time the behavior happens, fill one row within a minute. Write what a camera would have seen, not why you think it happened. After five days, read down each column. A repeating MO tells you when; a repeating S^D tells you who and where; a repeating C tells you the job. How to use it: the lesson.

Person (first name or initials): Behavior, written so a stranger could spot it: Dates:

Date, time where	**MO: worth more because** sleep, food, time since attention, what was ending	**S^D: the signal** who was there, what was said, where	**B: the behavior** what they did, how long	**C: right after** what people did, what changed	**Job?** attention, away, thing, feels

The four jobs. Get attention (someone looks, talks, comes over). Get away from something (a task, a noise, a demand ends). Get a thing or an activity (the tablet, a snack, the swing). It feels a certain way on its own (rocking, humming; no one else needed).

Free, from a Board Certified Behavior Analyst. dragen.cloud/behavior

If a behavior can hurt someone, get help now. This sheet is a start, not a substitute.

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