

Track & Prove

Show the change — to the school, and to yourself.

8 PRINTABLE PAGES IN THIS KIT

The Behavior GPS Method™ — the 4 moves on every page

1. SPOT THE CLUE — What is the behavior telling you?
2. NAME THE NEED — Say the need out loud before the rule.
3. RUN MONAE'S 3 STEPS — Stop. Breathe. Say what I need.
4. TRACK THE CHANGE — Write what happened. That is your proof.

How to use this kit

- Print it. Do not read all of it tonight.
- Pick the ONE page that matches tonight.
- Put that page on the fridge.
- I DO: you model it. WE DO: you practice it together on a calm day.
- YOU DO: your child tries it alone. Use one page for a week.

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Behavior Tracker (printable)

Log it in twenty seconds, on paper or in the app.

DO THIS

1. One row per event: date, time, place.
2. Circle the behavior from the list.
3. Rate intensity 1-5.
4. Write what happened right before, in five words.
5. Log for fourteen days before you judge anything.

SAY THIS

“We are collecting data, not collecting blame.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

I DO: I show you. I say the 3 steps out loud.

WE DO: We do the 3 steps together, slow.

YOU DO: You try the 3 steps on your own.

7-Day Calm Plan

One small step a day for a week.

DO THIS

1. Day 1: log only. Change nothing.
2. Day 2: add a snack before the hard hour.
3. Day 3: set up the calm corner together.
4. Day 4: teach Stop — Breathe — Say What I Need when calm.
5. Day 5: add warnings before every transition.
6. Day 6: practice the break card twice.
7. Day 7: review your log and pick next week's one change.

SAY THIS

“One change a week. That is how this sticks.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Progress graph page

See the line go down.

DO THIS

1. Bottom of the page = the weeks. Side = number of events.
2. Plot one dot per week.
3. Connect the dots and write the number on each.
4. Do not panic at one bad week. Look at four.
5. Bring this graph to every school meeting.

SAY THIS

“Week 1 was 12. Week 4 was 5. That is the trend.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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Win log / reward chart

Catch the good and make it repeat.

DO THIS

1. Write down three wins a day, no matter how small.
2. Say the win out loud to your child the same day.
3. Name the exact action, not the child's character.
4. Five wins earns the reward they chose.
5. Never take earned wins away as a punishment.

SAY THIS

"You asked for a break instead of throwing. That is huge."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Before-and-after snapshot

Week 1 versus week 4, side by side.

DO THIS

1. Left column: what week 1 looked like.
2. Right column: what this week looks like.
3. Compare number of events, longest event, and your own reaction.
4. Write one sentence about what changed.
5. Take a photo of the page for your file.

SAY THIS

“Week 1: three meltdowns a day. Week 4: one, and shorter.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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Frequency tally sheet

How many times — the number they ask for.

DO THIS

1. Pick ONE behavior to count.
2. Make one mark every time it happens.
3. Count by day, not by feeling.
4. Add the week total at the bottom.
5. Keep the sheet where you actually stand — fridge or phone.

SAY THIS

“Hitting: 14 times this week, mostly after 3 pm.”

1 STOP

Hands still. Feet still.

2 BREATHE

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Duration & intensity sheet

How long and how big it got.

DO THIS

1. Start time and end time for each event.
2. Rate 1-5 for how big it got.
3. Note what finally ended it.
4. Look for events getting shorter, even if they still happen.
5. Shorter is progress. Say that out loud to yourself.

SAY THIS

“Still happening, but 4 minutes instead of 25.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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Monthly progress report

A one-page report you can hand to anyone.

DO THIS

1. Month, child's name, behavior tracked.
2. Total events, best week, hardest week.
3. What we changed this month.
4. What worked and what did not.
5. What we are asking for next month.

SAY THIS

"Here is our monthly summary. What can the school add?"

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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