



Grade/Classroom:

Student Name:

Student Self-Monitoring: Frequency Count

A frequency count is a recording of the number of times that a you engaged in a behavior during a specific time-period (e. g., during a class period). Frequency counts can be used to track behaviors that you want to increase or decrease.

How to Use This Frequency-Count Form. With this frequency count form, you record each occurrence of the behavior with a tally-mark ('/'). At the end of the time-period, you add up the tally-marks to get a total sum of behaviors for that observation session.

How to Set Up the Frequency-Count Form: Follow these steps to prepare the frequency-count form:

- *Define the Target Frequency-Count Behavior.* In the space below, describe the behavior that you will measure using a frequency count. (Here are some examples: "leaving my seat without teacher permission", "completing a math problem", "requesting teacher help", "talking with other students about off-task topics"):

Target Behavior to Measure: _____

- *Choose a Schedule for Conducting the Frequency Count.* Decide when you will use the frequency-count form to track the target behavior:

I plan to conduct the frequency count at the following time(s) and/or during the following activitie(s):

| | | | |
|-------------------|--|---|-----------------------------|
| 1 | Tally Box: Write a mark ('/') in this box each time the target behavior occurs: | | Total Behaviors for Session |
| Date: ___/___/___ | | > | |
| 2 | Tally Box: Write a mark ('/') in this box each time the target behavior occurs: | | Total Behaviors for Session |
| Date: ___/___/___ | | > | |
| 3 | Tally Box: Write a mark ('/') in this box each time the target behavior occurs: | | Total Behaviors for Session |
| Date: ___/___/___ | | > | |
| 4 | Tally Box: Write a mark ('/') in this box each time the target behavior occurs: | | Total Behaviors for Session |
| Date: ___/___/___ | | > | |
| 5 | Tally Box: Write a mark ('/') in this box each time the target behavior occurs: | | Total Behaviors for Session |
| Date: ___/___/___ | | > | |