



Grade/Classroom: \_\_\_\_\_

Student Name: \_\_\_\_\_

# 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):*

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