

# Change Monitoring Log

**The Change Monitoring Process:**

- 1st) Define the target behaviors/symptoms (what exactly is likely to increase and/or decrease as a result of the treatment) - generate examples and write down definitions.
- 2nd) Measure baseline data before starting treatment (typically 2-7 days of data). If the behavior/symptom occurs a few times a day, counting the event will work. However, if the event is very frequent, you may have to measure for 1 hour/day because counting all day is unrealistic. You can measure frequency, intensity or duration.
- 3rd) Make your treatment change and begin data collection (typically 2-4 weeks).
- 4th) Compare baseline to change data.

*Remember: Make only one change at a time!*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
A)	A)	A)	A)	A)	A)	A)	A)	
B)	B)	B)	B)	B)	B)	B)	B)	
C)	C)	C)	C)	C)	C)	C)	C)	
A)	A)	A)	A)	A)	A)	A)	A)	
B)	B)	B)	B)	B)	B)	B)	B)	
C)	C)	C)	C)	C)	C)	C)	C)	
A)	A)	A)	A)	A)	A)	A)	A)	
B)	B)	B)	B)	B)	B)	B)	B)	
C)	C)	C)	C)	C)	C)	C)	C)	
Target Behaviors/Symptoms							Undesirable Behaviors/Symptoms = 5	Desirable Behaviors/Symptoms = 1
A)								
B)								
C)								