

Operational Definitions Worksheet

Step	Description	Example	Your Information
1. Name the behavior.	Give the behavior a simple name that can be used when tracking data and discussing the behavior.	<ul style="list-style-type: none"> ● Aggression ● Verbal Protest ● Elopement ● Self-Injurious Behavior ● Etc. 	
2. Describe what the behavior looks like in detail.	Use objective, observable language to describe exactly what the behavior looks like so that anyone can easily track it.	<i>Any instance of Sally making physical contact with another student or adult using her body or an object with enough power to produce a sound and/or leave a mark on the skin.</i>	
3. Define how the behavior will be tracked.	Give the exact measure that will be used to track the behavior.	<ul style="list-style-type: none"> ● Frequency ● Duration ● Momentary Time Sampling ● Etc. <p><i>This behavior will be tracked as a frequency.</i></p>	
4. Give examples and non-examples of the behavior.	Give clear examples of what the behavior DOES and DOES NOT look like in order to help people accurately track the data.	<p><u>Example:</u> Sally grabs a peer's arm and squeezes. The peer is left with scratch marks.</p> <p><u>Non-example:</u> Sally trips on her shoelace and bumps into the peer standing in front of her.</p>	
<p>Put it all together:</p> <p>Any instance of Sally making physical contact with another student or adult using her body or an object with enough power to produce a sound and/or leave a mark on the skin. This behavior will be tracked as a frequency.</p> <p><u>Example:</u> Sally grabs a peer's arm and squeezes. The peer is left with scratch marks.</p> <p><u>Non-example:</u> Sally trips on her shoelace and bumps into the peer standing in front of her.</p>		<p>Put it all together:</p>	