Time-Out Chart

Child's name _____

Date	Start Time	End Time	Misbehavior	Comments

Use this chart to keep a record of your child's time-outs. Each time he receives a time-out, record the date, the time he went to time-out (Start Time), and the time he came out of time-out (End Time). Record the misbehavior and any comments. For example:

Date	Start Time	End Time	Misbehavior	Comments
6/20	12:35	12:40	Not listening	Okay!
6:20	5:45	5:55	Not listening	Argued—extra 5 min.
6/21	10:25	10:30	Not listening	Went right away