



Getting Started With Behavior Tracking

- Behavior tracking is an evidence-based strategy for improving the transfer of skills learned in training back to the workplace.
- You have just learned about Readiness Supportive Behaviors and Readiness Responsive Behaviors. This activity will help you to practice these target behaviors in your day-to-day interactions.
- The first step in supportive behavior tracking is goal setting. We recommend multiplying the number of Soldiers you supervise by two. That is your weekly goal.
- If you supervise a large group, this goal may seem unattainable. Use this exercise to examine and enrich your existing leadership style as well as look for new ways to connect with your subordinates. You are likely already practicing many of these behaviors.
- Print off the two weekly tracking cards. You will set your goals and track your behaviors over the next two weeks.
- Start your tracking at the beginning of your next work day.
- Check-in and record your behaviors at least two times per day, although tracking your behaviors as they occur is recommended.
- Set reminders on your personal devices to remind you to track your behaviors throughout your day.
- Check in after the first week, set new goals, and look for areas for improvement.
- Keep your completed cards. At the end of the RESULT follow up period, you will be asked to complete this tracking exercise again to see how your behaviors have changed.



Tracking Notecard (3x5 Index Card)

- Print 2 cards (1 per week)
- Printable cards are on the next page of this document
- Indicate your goal on the front of the card. We suggest 2 behaviors per Soldier per week
- Track your behaviors on back of card
- Use the Weekly Tracking Card Template to track how you did across weeks

Example of a completed Behavior Tracking Card

FRONT

<ul style="list-style-type: none"> • Indicate the number of times per week you would like to use each of the supportive strategies. • Keep track on the other side of the card. • See how well you did at the end of each day. 	Goal for each week
READINESS SUPPORTIVE BEHAVIORS	
Emotional Support	
Instrumental Support	
Role Modeling	
Reducing Stigma	
READINESS RESPONSIVE BEHAVIORS	
Warning Recognition	
Early Intervention	
TOTAL	

fold here

fold here

BACK

Indicate with a tally mark any time you provide a support.	M	T	W	Th	F	S	Su
READINESS SUPPORTIVE BEHAVIORS							
Emotional Support					I		
Instrumental Support			I		I		
Role Modeling							
Reducing Stigma		I					
READINESS RESPONSIVE BEHAVIORS							
Warning Recognition	I						
Early Intervention	I						
TOTAL							



Printable Tracking Notecard (3x5 Index Card)

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READINESS SUPPORTIVE BEHAVIORS	
Emotional Support	
Instrumental Support	
Role Modeling	
Reducing Stigma	
READINESS RESPONSIVE BEHAVIORS	
Warning Recognition	
Early Intervention	
TOTAL	

fold here

fold here

BACK

Indicate with a tally mark any time you provide a support.	M	T	W	Th	F	S	Su
READINESS SUPPORTIVE BEHAVIORS							
Emotional Support							
Instrumental Support							
Role Modeling							
Reducing Stigma							
READINESS RESPONSIVE BEHAVIORS							
Warning Recognition							
Early Intervention							
TOTAL							



Printable Tracking Notecard (3x5 Index Card)

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<ul style="list-style-type: none"> • Indicate the number of times per week you would like to use each of the supportive strategies. • Keep track on the other side of the card. • See how well you did at the end of each day. 	Goal for each week
READINESS SUPPORTIVE BEHAVIORS	
Emotional Support	
Instrumental Support	
Role Modeling	
Reducing Stigma	
READINESS RESPONSIVE BEHAVIORS	
Warning Recognition	
Early Intervention	
TOTAL	

fold here

fold here

BACK

Indicate with a tally mark any time you provide a support.	M	T	W	Th	F	S	Su
READINESS SUPPORTIVE BEHAVIORS							
Emotional Support							
Instrumental Support							
Role Modeling							
Reducing Stigma							
READINESS RESPONSIVE BEHAVIORS							
Warning Recognition							
Early Intervention							
TOTAL							