Diary of Time-Out

Instructions: Make a note of the day, the problem behaviour, when and where it occurred, and the total length of time your child was in time-out.

Set time for time-out: 2 minutes ☐ 3 minutes ☐ 4 minutes ☐ 5 minutes ☐

DAY	PROBLEM	WHEN AND WHERE IT HAPPENED	LENGTH OF TIME-OUT