

Exercise (ECE)

---Implementation Checklist---

Before you start:

Have you...

- ☐ Identified the behavior?
- ☐ Collected baseline data through direct observation?
- ☐ Established a goal or outcome that clearly states **when** the behavior will occur, **what** the target skill is, and **how** the team will know when the skill is mastered.

If the answer to any of these is "no", refer to the "Selecting EBPs" section on the website.

Observation	1	2	3	4
Date				
Observer's Initials				
Step 1: Planning				
1.1 Identify potential exercise activities.				
1.2 Conduct individualized exercise assessment.				
1.3 Develop an exercise plan				
1.4 Plan for any needed supports				
1.5 Obtain and organize all needed materials and equipment				
Step 2: Using				
2.1 Teach the learner the exercise routine				
<input type="checkbox"/> Use visual cues as needed; reference the visual schedule for the routine when transitioning to each movement activity				
<input type="checkbox"/> Model each movement activity				
<input type="checkbox"/> Prompt as needed (visual, verbal, physical)				
2.2 Reinforce learner engagement and completion of the exercise routine				
2.3 Fade prompts and any tangible reinforcement as quickly as possible when criterion is met				
Step 3: Monitoring				
3.1 Collect data on engagement in exercise routine and target behaviors				
3.2 Determine next steps based on learner progress				