



HFIniciatives

Creixem — Guide for professionals

Structured tracking of habits and routines through positive reinforcement

For psychology, educational psychology, schools, speech therapy and early intervention

creixem.hfiniciatives.com

1. Executive summary

Creixem is a web application that helps families establish habits and routines through positive reinforcement and token systems.

The family defines a small number of observable behaviours, records daily progress and may share a PDF report with a professional.

Its professional value is a structured record between sessions, comparable data, shared language and a useful document for reviewing progress.

- Structured daily records between sessions.
- Week-to-week comparable progress.
- Shared language with the family.
- A PDF report for sessions, tutoring or coordination.

2. Method foundations

- Positive reinforcement. Increases the likelihood of a behaviour by reinforcing it when it occurs rather than punishing its opposite.
- Token system. A token is an immediate reinforcer exchanged for activities, shared time or agreed rewards.
- Positive wording. Goals are defined as observable behaviours in positive terms.
- Daily recording. Recording is part of the intervention: it sustains attention and makes progress visible.
- Reinforcement schedules. Support can be adapted and gradually spaced once a behaviour is consolidated.

Creixem organises the process; people provide meaning, context and professional judgement.

3. How to use it

1. Create the adult account and protect settings.
2. Add the child with a name or nickname, birth year and avatar.
3. Start with one to three specific, observable behaviours.
4. Set active plan days; only these are included in calculations.
5. Agree rewards, preferably activities and shared time.
6. Record daily progress; recent missed entries can be added.
7. Review tokens, rewards and progress with the child.
8. Generate a report for the chosen period to review or share.

4. How progress is measured

Metric	Formula	Meaning
Recording consistency	$\text{recorded days} / \text{expected days}$	Measures the adult's adherence to recording.
Goal success	$\text{achieved days} / \text{expected days}$	Describes how often the behaviour occurs.

Behaviour phases

Introduction. A new behaviour or one still being learned.

Consistency. At least 10 days of data and 60% success within 28 days.

Consolidated. At least 21 days of data and 80% success within 28 days.

5. Reading the report

- Percentages use active days that have passed and occur after the programme start.
- A rolling 28-day window keeps recent change from being diluted by the full history.
- Weeks 2, 4, 8 and 12 provide natural review points.
- Signals for decline, recovery or possible disengagement require enough data.
- Holiday, illness or shared-care weeks can be marked non-representative and excluded from calculations.

The PDF report includes

- Header with period and generation date.
- Consistency, success, recorded days and tokens.
- Warning when data coverage is insufficient.
- Weekly progress and behaviour table.
- Current phase for each behaviour and excluded weeks.

6. Professional uses

Psychology and educational psychology

Review between-session records, observe change and agree one manageable adjustment.

School

Discuss concrete data and share reinforcement language between home and classroom.

Early intervention

Support habit development between spaced visits through a simple record.

Suggested review: start with the report, distinguish recording consistency from goal success, identify context, and agree one small next step.

7. Privacy, limits and glossary

Privacy

- Data is anonymised and cannot identify a specific person; a nickname may be used.
- Professionals cannot access the account: they only see what the family chooses to share.
- Deleting the account removes its associated data.

Limits

- It is not a clinical or diagnostic tool.
- It does not make therapeutic recommendations.
- It does not replace professional judgement.
- Data consists of descriptive self-records without population norms.

Glossary

- Expected day: an active, elapsed day after the start date.
- Consistency: recorded days divided by expected days.
- Success: achieved days divided by expected days.
- Phase: status calculated from the latest 28 days.
- Excluded week: a non-representative period omitted from calculations.

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