Planning Sheet 1: Identify Your Target Behavior
5 points

OVERVIEW:
The first step in developing your self-management plan is to decide what behavior you would like to change. When making this decision, consider the following <u>requirements:</u>

(1) You need to be able to *observe* the behavior.

(2) The behavior should be *simple*, and not have many complex components.

(3) The behavior must be one that *you want to change*. Don't just select something for the sake of completing this project.

(4) It can be an *excess or deficit*, but know that some excesses will be improper to do in this class such as reducing alcohol consumption or drug use. Acceptable excesses might include reducing the drinking of iced tea or restricting caloric consumption. Excesses can be done but admittedly, are a bit more challenging for some parts of the project such as the token economy.

(5) Choose what *dimension* of the behavior you want to change – frequency, duration, intensity, or latency. You might change more than one dimension.

(6) As your instructor, I have final approval on the behavior you will attempt to modify.

PRE-APPROVED BEHAVIORS:
Here are some target behaviors students in past semesters have tried to change and are appropriate for this class:

Exercise	Pleasure reading	Studying more regularly
Reducing caloric intake	Quitting smoking	Walking
Weight Training	Walking the dog	Eating meals at home
Running (increasing frequency, duration, and/or intensity)	Being more sociable/overcoming social anxiety issues	Taking a lunch to school
Eating fruit and/or veggies	Drinking water	Practicing relaxation
Doing house chores	Reading a religious text or book; Attending religious services more often	Writing and work on completing a daily schedule.

Please be sure to submit your target behavior to me by the due date in the Course Schedule so I can approve it. When you do so, be sure you tell me the following:
1. The target behavior you wish to change.
2. State whether it is an excess or deficit.
3. Identify what dimension of the behavior you will change.

Your assignment will be typed up and include your name and student ID at the top. There is no need to go into detail about why you chose this behavior. You will do that on Planning Sheet 2. In all, your submission (whether in class or online) should be a few sentences.