

Behavior Modification Project
From: The Urban School

To be signed immediately upon completion

- I. Name
- II. Long Term Goal

III. Statement as to why you selected this goal:

IV. Summarize what the research says about this behavior. (From points or paragraphs the research, cite page numbers in parentheses as a reference. (Please note: If your specific target behavior is not mentioned in the research, then select a behavior which is the most related. If necessary, please call me for additional assistance for your selection.)

V. Cite two articles about your target behavior which you found when researching. (Include title of article, author, publication, and publication date.) **Briefly** summarize what you learned from these articles.

VI. In regards to your Target Behavior/Short Goal, what Stage of Change are you currently in, and why? If you are in the Precontemplation, Contemplation, or Preparation stage, what will it take for you to progress up one stage from where you are? Or, if you are in the Action stage, what will it take for you to stay in this stage?

VII. Short- and long-term benefits and costs of continuing "old" behavior

VIII. Short- and long-term benefits and costs of adopting "new" behavior

IX. Other Goals and Rewards:

Midgoal 1	Date	Reward
Midgoal 2	Date	Reward
Midgoal 3	Date	Reward
Midgoal 4	Date	Reward
Midgoal 5	Date	Reward

X. Advice you would offer someone who wants to implement this same Target Behavior/ Short Goal