

## **Title Here**

### **Identification of Target Behavior**

**Identify** a target behavior to be modified, either an undesirable behavior that you would like to eliminate or a desirable behavior that you would like to strengthen. The target behavior should be an action that is observable and measurable. Include in your description how you will **measure** your behavior (e.g. numbers of hours on social media, going to the gym at least 3 days/week). You should also describe **why** you want to change the behavior and what benefits the change will bring. Behaviors could be things like study habits, sporting skills, or health habits.

### **Baseline Data**

Include a table of baseline data here.

### **Evaluation of Antecedents and Consequences**

Discuss the conditions that seemed to increase/decrease your target behavior. Based on your baseline data can you determine what stimuli may be present that affects your behavior? Is there a pattern of antecedents and consequences that increase/decrease the behavior?

### **Modification Program**

Now that you better understand your behavior, identify either a punishment or reinforcer (or both) to increase/decrease your target behavior. For example, you could reward yourself with extra time on social media and punish yourself by limiting your use of social media. You want to identify reinforcers/punishers that will motivate you to change your target behavior. Once you've identified appropriate punishers/reinforcers, explain how you will use these to change your target behavior with operant conditioning.

### **Program Implementation Data**

Include a table of program implementation data here.

### **Program Evaluation**

After comparing your baseline and program data, discuss and evaluate your results in complete sentences in paragraph format. The following questions should guide your evaluation:

- a. Did you observe any changes in behavior while implementing your intervention compared to your baseline data? Be specific and discuss your tracking data here.
- b. What was the overall effect on behavior? Did your program work?
- c. Did you make any adjustments to your plan because of what you saw working or not working?
- d. Would you have done anything differently? If so, please include changes you would have made.
- e. How do you see yourself using Operant Conditioning in the future? In what contexts?

*\*Keep the subheadings and make sure to delete my instructions.*