SAMPLE Behavior Modification Project form

**Behavior Modification project**

1. State the general behavior change you want to see.

I would like to increase the amount of aerobic exercise I get each week.

2. What is your baseline now?

In the last 4 days I have exercised for one day for 20 minutes by walking the dog.

3. State your target goal and how you plan to get there.

My target goal is to exercise by walking, running, or working out on machines for 30 minutes every day. I will start out with 15 minutes of exercise every other day for the first 4 days, then 15 minutes every day for the next 2 days, then 30 minutes every day for the remaining 4 days.

4. Who will be your social support?

My social support will be my mom who I will report to each day about my progress.

5. Write your method for behavior change. Will you use shaping where you reinforced successive approximations? What are your reinforcers, negative and/or positive? Will there be any punishers? Will you use any classical conditioning or desensitization methods?

I will use shaping by positively reinforcing successive approximations for the first 6 days before I reach the target goal of 30 minutes per day.

My positive reinforcement will be playing Blitz for 15 minutes each time I reach my target goal for the day. Also, my social support person will praise me for meeting my goal which is also positive reinforcement. My mom can nag me about meeting my goal which serves as a negative reinforcer.