

To-do List

Target Behaviors

- ☐ Identify a problem behavior specifically.
- ☐ Define an alternative behavior.
- ☐ Tell your kids clearly.
- ☐ Reward the alternative behavior.

What behavior did you try to increase?

What reinforcer did you use?

Did the behavior increase?

- ☐ Yes
- ☐ No

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- ☐ Define an alternative behavior.
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What reinforcer did you use?

Did the behavior increase?

- ☐ Yes
- ☐ No

Reflections: Was this easy? Was it hard? Did it work? Why or why not?