

To-do List

Premack principle

- ☐ Use the phrase “First _____, then _____.”
- ☐ Use good rewards
- ☐ Give the reward ASAP
- ☐ Pay attention to see if that behavior keeps occurring!

What behavior did you try to increase?

What reinforcer did you use?

Did the behavior increase?

- ☐ Yes
- ☐ No

- ☐ Use the phrase “First _____, then _____.”
- ☐ Use good rewards
- ☐ Give the reward ASAP
- ☐ Pay attention to see if that behavior keeps occurring!

What behavior did you try to increase?

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?