Operationally Define Your
Target Behavior and Set Goals
40 points

Instructions: The third step to developing your self-management plan is to operationally define your target behavior and to set goals for yourself.

In order to accurately record your behavior and assess your program effectiveness, you need a solid, well-written behavioral definition for your target behavior. Remember from the book that behavioral definitions are basically the same as an operational definition.

Please answer the following questions:

1. Please restate what your <u>APPROVED</u> target behavior is. Also state whether it is an excess or deficit and what dimension(s) of the behavior you are changing (frequency, duration, intensity, or latency).   **2 points**

2. Operationally define your behavior. Be sure to state the behavior so that it can be both measured and observed. Be specific enough so that later, when you observe and record your behavior, you won't have any doubts as to what qualifies as "one behavior." Remember, your definition is used for accuracy in measurement – you'll have time later to identify your goals. **Your definition should contain not mention of your goal.**   An example if say you wanted to run more is that one behavior = 10 minutes of running whether on pavement, cross-country, on a track, or on a treadmill. It must be SPECIFIC, OBJECTIVE, and UNAMBIGOUS.

                                                                                                8 points

            One behavior = _____

Do you have any other behaviors that need to be defined as well? An example is you get on your phone in the morning when you wake up and due to that do not make it to the gym. If so, define these behaviors also.

3a. Each of your **goals**, including your final goal, should identify an "amount" of your behavior. Please note that your last sub-goal will be identical to your final goal! It is what you are trying to accomplish. So that the final goal is the distal goal and the subgoals are the proximal goals. Okay. So think about your sub-goals. State them now, in order (begin with the first sub-goal you expect to meet, and end with your final goal). Identify at least 3 goals and remember to state your sub-goals in a manner consistent with your operational definition.

10 points

    1.

    2.

    3.

    4.

    5.

Note: If you don't need all 5 rows, that's fine. I just provided up to 5 for you. Add more if needed.

3b. It is important to **count your behaviors** now too. For each goal, and using your behavioral definition from #2, count the number of behaviors you would make from one goal to the next. Note that if your behavior is a deficit, the number of behaviors should go up across goals. If an excess, they should go down. You will count per day and then per week. These numbers will be important to different aspects of your plan.

10 points

	Per Day	Per Week
Goal 1 Behavioral Count		
Goal 2 Behavioral Count		
Goal 3 Behavioral Count		
Goal 4 Behavioral Count		
Goal 5 Behavioral Count		

Note: If you don't need all 5 rows, that's fine. I just provided up to 5 for you. Add more if needed.

4a. What is your **criterion** for moving from one sub-goal to the next? Note that you could have different criterion for each goal as they do technically get harder from one goal to the next.

5 points

- Criterion for Goal 1 – Maintain the behavior for _____ week(s)

- Criterion for Goal 2 – Maintain the behavior for _____ week(s)

- Criterion for Goal 3 – Maintain the behavior for _____ week(s)

- Criterion for Goal 4 – Maintain the behavior for _____ week(s)

- Criterion for Goal 5 – Maintain the behavior for _____ week(s)

4b. Finally, calculate how many **weeks your plan will take** to complete by adding up what you listed in #4.   **2 points**

My plan will take _____ total weeks.

Now put it all together in the table below.   **3 points**

Goal #	Goal (From 3a)	# of Behaviors (Per Day) (From 3b)	# of Behaviors (Per Week) (From 3b)	Criterion to Move to Next Goal or MP (From 4a)
1				
2				
3				
4				
5				
	TOTAL WEEKS FOR PLAN (From 4b)			

Note – If you have less than 5 goals, just ignore the additional spaces. If you have more than 5, add a row.