

## Sample Behavior Modification Chart

Behavior	Day 1	Day 2	Day 3	Day 4	Day 5	Reward for 5 Days of Desired Behavior
Clothes Away By Bedtime	Yes	Yes	No	No	Yes	Pick the game for family game night
No Door Slammed	No	Yes	No	Yes	Yes	Breakfast for dinner
½ Hour No Fuss Homework	Yes	Yes	No	No	No	Buy a new book
Reward for 2 out of 3 Behaviors in a Day	Card game with Dad	Card game with Dad	Card game with Dad	Card game with Dad	Card game with Dad	
Consequence for not making 2 out of 3	No TV tomorrow	No TV tomorrow	No TV tomorrow	No TV tomorrow	No TV tomorrow	

What is right in this plan:

- 1) Behavior is concretely defined and measurable. Child knows what she is being asked to do or not do
- 2) Baseline was set: this child currently begins fussing about homework at about 15 to 20 minutes, so ½ hour of no-fuss homework was an improvement and was achievable.
- 3) Reward comes after five success days or if any one day has all out of three tasks. Motivation is always present: carrot is always being offered. Or make it three out of three tasks, if that works better for your family.
- 4) Child helped choose rewards.
- 5) Some rewards are for actions, but some are rewards for the absence of an action – reminding the you to notice the effort put forth that day by the child to behave.

Your child should be achieving success at least 60% to 80% of the time – depending on her frustration tolerance. If she can't do this, then the task is too hard. It is a can't vs. a won't or the consequences you have set don't matter to her. Break the task into its component parts and teach each part (more bite size pieces) and/or alter the consequences.

If this type of behavior modification chart feels too complicated to you, feel free to simplify it to make it work for your family. We have attached a blank chart below for you to customize for the behaviors you seek, and the rewards and consequences that will be meaningful to your child.

Behavior	Day 1	Day 2	Day 3	Day 4	Day 5	Reward for 5 Days of Desired Behavior
Clothes Away By Bedtime						
No Door Slammed						
½ Hour No Fuss Homework						
Reward for 2 out of 3 Behaviors in a Day						
Consequence for not making 2 out of 3						