

LAB ACTIVITY 2-2 Program Plan for Behavior Change COMPLETE IN **connect**

NAME

DATE

SECTION

Complete this program plan with details on your specific plan for behavior change.

Equipment: None**Preparation:** None**Target Behavior** (the behavior you want to change) **Your Final Goal and Your Short-Term Objectives** (see Lab Activity 2-1)

Final goal: _____

Start date: _____ End date: _____ Reward: _____

Short-term objective 1: _____

Start date: _____ End date: _____ Reward: _____

Short-term objective 2: _____

Start date: _____ End date: _____ Reward: _____

Short-term objective 3: _____

Start date: _____ End date: _____ Reward: _____

Your Key Strategies and Techniques for Change (see Lab Activity 2-1)**Your Helpers and Resources**

Who will help with your program and how will they help?

What campus or community resources will support your program?

Your Commitment (Sign the statement below to make your plan a formal contract, or describe your own plan for making a firm commitment to change.)

I, _____ commit to achieving the following goal: _____
(name) _____

Signature: _____ Date: _____

OR describe your plan for making your commitment (telling others, sending e-cards, etc.):

Plan for Monitoring Behavior and Tracking Progress

Describe the journal, log, or other tracking method you plan to use:
