

## LAB ACTIVITY 2-2 Program Plan for Behavior Change



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)

<i>Final goal:</i> _____		
Start date: _____	End date: _____	Reward: _____
<i>Short-term objective 1:</i> _____		
Start date: _____	End date: _____	Reward: _____
<i>Short-term objective 2:</i> _____		
Start date: _____	End date: _____	Reward: _____
<i>Short-term objective 3:</i> _____		
Start date: _____	End date: _____	Reward: _____

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

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**Your Helpers and Resources**

<p><i>Who will help with your program and how will they help?</i></p>          <p><i>What campus or community resources will support your program?</i></p>          
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**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: