



Track and monitor a bad habit you have in hopes to change the frequency of that behavior. **REQUIRES 10 DAYS TO COMPLETE THIS PROJECT. LATEST START DATE SHOULD BE on or before 5/20.**

- 1) Identify a habit you would like to change.
- 2) Create a chart that tracks your behavior for 5-7 days. (Or use your captured data from Apple Screen time * see website for more info)
- 3) If you are not doing screen time, you will need to keep a tracking sheet with you at all times – you may consider using note cards.
- 4) On **DAY FIVE**, add an element of Operant Conditioning (either rewards or punishers) to help your progress. Continue tracking your progress for 5 more days, noting when operant reinforcers/punishers are administered.
- 5) THEN...complete an **ANALYSIS** of what you noticed. (Must be typed.)

Some questions to consider:

- When is this behavior more frequent? Explain.
- Prior to the reinforcer/punisher did you notice a decline or increase in the behavior while tracking? Explain.
- Did the operant conditioning help your progress? Explain.
- When do you think behavior tracking might be recommended? Do you think there are any practical uses for behavior modification therapy? In what cases might it be helpful? Explain.

YOUR BX TRACKING EVIDENCE must be submitted at the time of your analysis.

Due at the start of class on Thursday, May 30.