

Planning Sheet 3: Operationally Defining your Target Behavior and Setting Goals

15 points

Name: _____ ID#: _____

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. What is your target behavior? Remember to state it as a single behavior, and not in terms of a goal (don't state how often you hope to do the behavior). This is the same behavior you identified on Planning Sheet 1. Also state whether it is an excess or deficit and what dimension 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 UNAMBIGUOUS.

5 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, but no more than 5, and remember to state your sub-goals in a manner consistent with your operational definition.

5 points

- 1.
- 2.
- 3.
- 4.
- 5.

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. But in this example, most of you should be tackling a deficit.

- Goal 1 Behavioral Count - _____
- Goal 2 Behavioral Count - _____
- Goal 3 Behavioral Count - _____
- Goal 4 Behavioral Count - _____
- Goal 5 Behavioral Count - _____

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.

- 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. Remember, you are doing a “check-in” at Week 3, but you can, and should, continue your plan.

My plan will take _____ total weeks.

 Now put it all together in the table below.

Goal #	Goal (From 3a)	Behavioral Count (From 3b)	Criterion to Move to Next Goal (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.

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Questions 1-4 will make up Goal Setting in Section 2 of your Plan Proposal.