

Behavior Goal Tracker

Small, specific, checkable. Yes or no each day.

Name _____ Week of _____

MY GOAL THIS WEEK

Target behavior	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
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Phone in the kitchen by 9 pm

☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N

Homework before games

☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N

Respectful words when I'm upset

☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N

☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N ☐ Y ☐ N

EARN IT

Good week

Yes count $\geq$ _____

Great week

Yes count $\geq$ _____

Best week

Yes count $\geq$ _____

Next week I'll try: _____