

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	☐ Y ☐ N	
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Homework before games	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	
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Respectful words when I'm upset	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	
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_____	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	
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EARN IT

Good week

Yes count ≥ _____

Great week

Yes count ≥ _____

Best week

Yes count ≥ _____

Next week I'll try: _____