

Behavior Modification Diary

Directions: Use this diary to set up and track the habit or behavior you would like to change about yourself. In the spaces below, indicate the habit you are trying to change, your reward and punishment structure, and then track how you do each day for the next week. Include a summary of what you learned on this last page of the diary. Turn a copy of this log into your instructor when the week has ended.

Habit:

Reward/punishment structure:

Diary

Day	Time of behavior	Describe behavior	Reward	Punishment
1				
2				

3				
4				
5				
6				

7				

Outcome: What did you learn from this experience?