

CHECKLIST 7.1 The Behavioral Change Process

Rate yourself regarding the following statements, or you can answer these checklists based on your intent.

	Consistently	Inconsistently	Never
Select and Define the Behavior			
I choose a measurable behavior (see table 7.1 and figure 7.2).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I define objectively what I will observe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I prioritize the behaviors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Observe and Record the Behavior			
I collect baseline data.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pinpoint the target behavior and, depending on the behavior, use frequency or duration recording.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When appropriate, I use time sampling or interval recording.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I check for interobserver reliability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determine the Behavioral Intervention			
I plan the intervention to increase appropriate behavior or to decrease or prevent inappropriate behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I select appropriate interventions such as the ones discussed in chapters 3, 4, 5, and 6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evaluate the Behavioral Intervention			
I select appropriate interventions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I observe and collect intervention data.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I graph or chart baseline and intervention data.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I analyze and reflect on the data (e.g., determine whether the target behavior was achieved).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If the target behavior has not been achieved, I go back and try other interventions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>