

My Behavior Rewards

My behavior goal is: _____

In the columns below, decide how you will reward yourself each time you complete your chosen behavior (short-term reward), and when you achieve a target goal (long-term reward).

Short-Term Rewards	Long-Term Rewards
Example: <i>I will put a star sticker or smiley face on my tracking form.</i>	Example: <i>When I have 10 stickers, I will treat myself to a new book.</i>
Example: <i>I will put a pretty, colored rock in my glass jar every time I exercise.</i>	Example: <i>When my glass jar is full, I will treat myself to a massage.</i>
Example: <i>For every pack of cigarettes I don't buy, I will put \$5 aside for my long-term reward.</i>	Example: <i>When I have reached \$100, I will go golfing.</i>