



Behavior Agreement

Target Problem _____

Do Behaviors (what teen agrees to "do") _____

Plan (check all that apply):

Knowing What To Do

- Email myself all homework assignments or use an online homework portal.
- Use a weekly planner.
- Put worksheets in my homework folder.
- Ask my parent for help if I need it.
- Talk to my teacher(s) about assignments I don't understand.
- Work with a study buddy/study group.
- Work with a tutor.
- Store all homework materials in one place.

Knowing What Is Important

- Talk to my teacher(s) about or look at online system for due dates for homework.
- Create an assignment calendar.
- Use daily checklists.
- Follow up with teacher about missing assignments within 48 hours.

Starting, Sticking, and Finishing

- Turn off phone, TV and other distracting devices.
- Do homework in agreed-upon location: _____.
- Spend at least _____ minutes on my homework.
- Take breaks as needed.
- Use homework time to study or review notes even when no assignments are due.

TURN OVER

Stick to this homework schedule (*write in times*).

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Start Time						
Finish Time						

Rewards _____

Time Frame This agreement begins on _____ . We agree to look at it again after _____ week(s).

Signatures

Teen's Signature

Parent's Signature



Example Behavior Agreements

Target Problem Not finishing math homework

Do Behaviors (what teen agrees to "do") Begin math homework at kitchen table at 4:00 PM

Plan (check all that apply):

Knowing What To Do

- Email myself all homework assignments or use an online homework portal.
- Use a weekly planner.
- Put worksheets in my homework folder.
- Ask my parent for help if I need it.
- Talk to my teacher(s) about assignments I don't understand.
- Work with a study buddy/study group.
- Work with a tutor.
- Store all homework materials in one place.

Knowing What Is Important

- Talk to my teacher(s) about or look at online system for due dates for homework.
- Create an assignment calendar.
- Use daily checklists.
- Follow up with teacher about missing assignments within 48 hours.

Starting, Sticking, and Finishing

- Turn off phone, TV and other distracting devices.
- Do homework in agreed-upon location: Kitchen Table.
- Spend at least 60 minutes on my homework.
- Take breaks as needed.
- Use homework time to study or review notes even when no assignments are due.
- Stick to this homework schedule (*write in times*).

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Start	4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	
Finish	5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM	

Rewards 30 minutes of screen time before dinner Monday to Friday

Time Frame: This agreement begins on Monday. We agree to look at it again after 1 week.

Signatures:

Tyrone Wayne

Teen's Signature

Reggie Wayne

Parent's Signature



AIMS Example Behavior Agreements

Target Problem Doesn't know or complete daily homework

Do Behaviors (what teen agrees to "do") Make a checklist of homework assignments that need to be completed each day after school

Plan (check all that apply):

Knowing What To Do

- Email myself all homework assignments or use an online homework portal.
- Use a weekly planner.
- Put worksheets in my homework folder.
- Ask my parent for help if I need it.
- Talk to my teacher(s) about assignments I don't understand.
- Work with a study buddy/study group.
- Work with a tutor.
- Store all homework materials in one place.

Knowing What Is Important

- Talk to my teacher(s) about or look at online system for due dates for homework.
- Create an assignment calendar.
- Use daily checklists.
- Follow up with teacher about missing assignments within 48 hours.

Starting, Sticking, and Finishing

- Turn off phone, TV and other distracting devices.
- Do homework in agreed-upon location: _____.
- Spend at least 90 minutes on my homework.
- Take breaks as needed.
- Use homework time to study or review notes even when no assignments are due.
- Stick to this homework schedule (*write in times*).

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Start	3:45 PM	3:45 PM	3:45 PM	3:45 PM	3:45 PM	
Finish	5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	

Rewards Stay up 30 minutes past bedtime Monday through Friday

Time Frame: This agreement begins on Monday. We agree to look at it again after 1 week.

Signatures:

Ellen Moore

Teen's Signature

Linda Moore

Parent's Signature



AIMS Example Behavior Agreements

Target Problem Forgetting to turn in all homework assignments

Do Behaviors (what teen agrees to "do") Put all completed homework in folder

Plan (check all that apply):

Knowing What To Do

- Email myself all homework assignments or use an online homework portal.
- Use a weekly planner.
- Put worksheets in my homework folder.
- Ask my parent for help if I need it.
- Talk to my teacher(s) about assignments I don't understand.
- Work with a study buddy/study group.
- Work with a tutor.
- Store all homework materials in one place.

Knowing What Is Important

- Talk to my teacher(s) about or look at online system for due dates for homework.
- Create an assignment calendar.
- Use daily checklists.
- Follow up with teacher about missing assignments within 48 hours.

Starting, Sticking, and Finishing

- Turn off phone, TV and other distracting devices.
- Do homework in agreed-upon location: _____.
- Spend at least _____ minutes on my homework.
- Take breaks as needed.
- Use homework time to study or review notes even when no assignments are due.
- Stick to this homework schedule (*write in times*).

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Start						
Finish						

Rewards \$1 towards a movie rental if all assigned homework is placed in the homework folder by 8:00 PM Monday - Friday

Time Frame: This agreement begins on Monday. We agree to look at it again after 1 week.

Signatures

Jamie Perkins

Teen's Signature

Ramona Perkins

Parent's Signature