

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.
\Box 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
\Box 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						
Time						
Finish						
Time						

Rewards			
Time Frame	This agreement begins on		We agree to look at it
	again after	week(s).	
Signatures			
Teen's Signat	ture	Parent's Signature	

Not finishing math homework Target Problem

Do Behaviors (what teen agrees to "do") Begin math homework at kitchen

tab	le.	a+	4:00	РM

Plan	(check	all	that	ann	l۷	١.
гіан	(CHECK	all	uiat	app	ıу,).

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.

 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.

Starting, Sticking, and Finishing

- ⊠Turn off phone, TV and other distracting devices.
- ☑Do homework in agreed-upon location: <u>Kitchen Table</u>.
- Spend at least <u>60</u> 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:

Reggie Wayne Tyrone Wayne

Target Pro	arget Problem Doesn't know or complete daily homework							
Do Behavi	ors (what	teen agrees to	"do") Mak	e a checklist	of homewor	`k		
assignme	assignments that need to be completed each day after school							
Plan (chec	k all that a	ipply):						
Knowing	g What To	Do						
⊠Eı	mail myself	all homework a	assignments or	use an online	homework port	tal.		
⊠U	se a weekly	y planner.						
⊠P	ut workshe	ets in my home	work folder.					
⊠A	sk my pare	nt for help if I n	ieed it.					
□Та	alk to my te	eacher(s) about	assignments I	don't understa	nd.			
□W	ork with a	study buddy/st	udy group.					
□W	ork with a	tutor.						
⊠St	tore all hon	nework materia	ls in one place					
Knowing	g What Is I	mportant						
⊠Ta	alk to my te	eacher(s) about	or look at onli	ne system for d	lue dates for ho	mework.		
□Cı	reate an as	signment calen	dar.					
⊠U	se daily ch	ecklists.						
⊠Fo	ollow up wi	ith teacher abou	ut missing assi	gnments within	48 hours.			
Starting	Starting, Sticking, and Finishing							
⊠Tı	☑Turn off phone, TV and other distracting devices.							
⊠D	☑Do homework in agreed-upon location:							
⊠S _I	⊠Spend at least <u>90</u> minutes on my homework.							
⊠Ta	⊠Take breaks as needed.							
⊠U	se homewo	ork time to stud	ly or review no	tes even when	no assignments	s are due.		
⊠St	tick to this	homework sche	edule <i>(write in t</i>	times).				
1	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends		

	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.

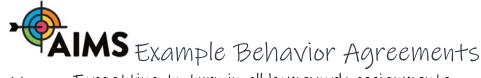
Signatures:

Ellen Moore

Linda Moore

Teen's Signature

Parent's Signature



Forgetting to turn in all homework assignments Target Problem Put all completed homework in folder 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. ☑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.

■ 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 Weekends Thursday Friday Start Finish Rewards \$1 towards a movie rental if all assigned homework in 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 Ramona Perkins Jamie Perkins

Parent's Signature

Teen's Signature