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Worksheet  
Behavior Modification I-  
Eating Habits  
Lesson 5

Behavior Modification Reward System

Set up a point system to give a designated number of points for "sticking" to the diet plan, for completion of planned energy expenditure for activity, or for achieving the weekly weight-loss objective. In general, the smaller the unit of behavior rewarded the better. This provides frequent opportunities to strengthen new eating/activity habits.

The following is an example of a "points earned" reward system:

<u>Behavior</u>	<u>Amount</u>	Immediate REWARD <u>"Points Earned"</u>
Follow diet plan	1 meal	5
Follow diet plan	1 day	20
Follow diet plan	3 consecutive days	75
Follow diet plan	7 consecutive days	150
Follow activity schedule	1 day	10
Follow activity schedule	7 consecutive days	100
Record keeping, Food	1 meal	5
Record keeping, Food & Activity	1 day	20
Record keeping	7 consecutive days	150
Loss of 1 pound	1 week	200

Reward System for \_\_\_\_\_

<u>Behavior</u>	<u>Amount</u>	Immediate REWARD <u>"Points Earned"</u>
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Redeeming points earned for a special treat may give added incentive for following appropriate eating and activity behaviors. The deferred rewards may be in the form of money, time, possessions, or services which are highly valued as in the following example:

<u>Deferred REWARD</u>	<u>Points Redeemed</u>
Extra half hour for reading	15
Extra evening out	50
Extra hour for sewing	30
Hair trim and set	100
New dress	300
Special weekend trip	1000

Deferred Reward System for \_\_\_\_\_

<u>Deferred REWARD</u>	<u>Points Redeemed</u>
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