Self-change Project Proposal Outline

1) Problem Behavior
Identify the behavior to be changed and why you wish to change it.

2) Behavioral Definition
Provide a clear concise description of the problem behavior.

3) Project Goal
Specify what you hope to achieve with the project.

4) Baseline Data
Provide a figure or table to summarize the baseline data.

5) Problem Analysis
Report what you learned about the problem behavior from collecting the baseline data.

6) Proposed Intervention
Describe in detail what will do to change the behavior.