

# **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.