

## PTR-YC Goal Sheet

1. Identify the child's challenging behaviors to decrease.
2. Select ONE challenging behavior to target.
3. Operationally define this target behavior—observable (seen or heard) and measurable (counted or timed).
4. Identify the child's desirable behaviors to increase.
5. Select ONE desirable behavior to increase.
6. Operationally define this target behavior—observable (seen or heard) and measurable (counted or timed).

Child: \_\_\_\_\_ Date: \_\_\_\_\_

1. Behavior(s) to decrease	
2. Target behavior	
3. Operational definition	
4. Behavior(s) to increase	
5. Target behavior	
6. Operational definition	