



# YEARLY REFLECTION



Last Year:

Grateful for:



Change:

Action to Take:



Reminder



@BehaviorTails



# BREAKDOWN YOUR GOALS!

What Is My Goal?

**S**

Specific



**M**

Measurable



**A**

Achievable



**R**

Relevant



**T**

Time



BEHAVIOR  
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# WHAT GOES INTO CREATING A TRAINING PLAN

## IDENTIFY ISSUES & DEFINE GOALS

- What is the problem behaviors?
- What would you prefer to see? (define the ideal)
- When / Where / Why are you seeing this?
- What skill does my dog need to be able to meet the ideal?
- What behaviors need more value?

## MANAGEMENT & ROUTINES

- What can I change in the environment to avoid the situation from being practiced again?
- What new routine can I set up to avoid the unwanted behavior?
- When am I going to practice training?
- Short term what am I going to do to avoid unwanted situations?

## SKILLS

- Do I need to teach new skills?
- Do I need to create more value for skills the dog already has?
- How many skills are needed for the new behavior(s)?

## D/D/D

- Taking each skills we defined that we need and working them through harder **D**istances / **D**istractions / **D**urations
- Remember to teach it in low distraction environments
- Only change on "D" at a time

## FLUENCY & GENERALIZATION

- Taking the new skills into new environments
- Continue to work new behaviors into the routines
- The new behaviors should be becoming the normal and we can begin to wean off management
- Find ways to maintain value in the new behaviors





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# GOAL ACTION PLAN

Start date:

Commitment: \_\_\_\_\_ minutes per day  
\_\_\_\_\_ times per week

**GOALS:**


Goal progress:

0%



100%

## ACTION STEPS / SKILLS:


## MANAGEMENT STEPS:


## ROUTINES:




# SKILL TRACKER

## SKILL 1

Skill:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Breakdown on D/D/D:

Next Step:

## SKILL 2

Skill:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Notes on D/D/D:

Next Step: