Sample Baseline Week: Checked school email 14 times

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Week 1:

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Week 2:

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Week 3:

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

Graphed Behaviors:

Baseline: Checked school email 14 times (average: 2 times a day)

Treatment: Check email three times a day

Action Statement: I will check my school email three times a day. This will include once in the morning and once at the end of the day so I do not miss any important information.

Sample Baseline Week: Checked school email 14 times

Baseline Week:

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Week 1:

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Week 2:

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Week 3:

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

Graphed Behaviors:

Baseline:

Treatment:

Action Statement: I will...