

# Worksheet 10

## Monitoring Target Accommodation

Use this worksheet to keep track of and monitor your progress in reducing the target accommodation. Write down the day and time of each opportunity to implement your plan and briefly describe what you did, how it went, and any difficulties you encountered. You can make extra copies of this worksheet or, if you prefer, you can work on your computer instead.

Day	Time	<b>SITUATION: What happened? What did you do? How did it go? Any problems?</b>

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