

BEHAVIOR CHANGE CONTRACT

NAME: _____

DIRECTIONS: Choose a health behavior that you would like to change and fill out this behavior change contract. Sign the contract at the bottom to affirm your commitment to making a healthy change, and ask a friend to witness it.

MY BEHAVIOR CHANGE WILL BE:

MY LONG TERM GOAL FOR THIS BEHAVIOR CHANGE IS:

THESE ARE THREE OBSTACLES TO CHANGE (things that I am currently doing or situations that contribute to this behavior or make it harder to change):

1. _____
2. _____
3. _____

THE STRATEGIES THAT I WILL USE TO OVERCOME THESE OBSTACLES ARE:

1. _____
2. _____
3. _____

RESOURCES I WILL USE TO HELP ME CHANGE THIS BEHAVIOR INCLUDE:

A friend/partner/relative: _____

A school-based resource: _____

A community-based resource: _____

A book or reputable website: _____

IN ORDER TO MAKE MY GOAL MORE ATTAINABLE, I HAVE DEvised THESE SHORT-TERM GOALS

Goal #1	Target Date:	Reward:
Goal #2	Target Date:	Reward:
Goal #3	Target Date:	Reward:
Goal #4	Target Date:	Reward:
Goal #5	Target Date:	Reward:

WHEN I MAKE THE LONG-TERM BEHAVIOR CHANGE DESCRIBED ABOVE, I WILL USE THE STRATEGIES AND REWARDS TO ACHIEVE THE GOALS THAT WILL CONTRIBUTE TO A HEALTHY BEHAVIOR CHANGE.

SIGNED: _____

WITNESS: _____

SET GOALS, TIMELINES, AND REWARDS

In this section, you will begin to plan out the change you would like to make in your current behavior by setting goals, planning a timeline, and choosing your rewards.

GOALS

Whatever your target behavior is, there are several key points to remember when establishing goals.

1. Establish achievable goals.
2. Put goals in writing and place them where you can see them every day.
3. Establish both short- and long-term goals.
4. Establish goals that are measurable.
5. Set target dates for achieving goals.
6. After you achieve a goal, establish another achievable goal.
7. Reward yourself after achievement of a goal.

TIMELINES

When it comes to creating a timeline for your goals, it is always a good idea to make it manageable. The best timeline is one that requires you to reach out of your comfort zone. But don't make it discouraging! Track yourself with small goals every few weeks that lead up to the greater behavior change.

REWARDS

It is important to reward yourself for accomplishments and goals that you have met. Rewards should be things that you may not always get to do, but things that you enjoy doing. They should be relatively inexpensive and accessible, and they should not be anything that reinforces that behavior you are trying to change. Rewards for someone trying to lose weight might be shopping or taking a walk on the beach, rather than going out to eat or eating sweets.

DIRECTIONS: Fill out the spaces below to assist you in setting your goals and rewards on a timeline.

Goal #1	Target Date:	Reward:
Goal #2	Target Date:	Reward:
Goal #3	Target Date:	Reward:
Goal #4	Target Date:	Reward:
Goal #5	Target Date:	Reward:

EXAMINING ATTITUDES and DEVELOPING STRATEGIES

Understanding your attitudes and feelings about your target behavior will help you better understand why you engage in that behavior and what might prevent you from changing it. This knowledge will allow you to create effective strategies to overcome obstacles.

DIRECTIONS: Fill in the blanks with the appropriate answers.

I engage in (target behavior) _____ because _____

I am most tempted to (target behavior) _____ when _____

I have not quit (target behavior) _____ because _____

(Behavior goal) _____ is difficult for me because _____

I feel that (strategy #1) _____ would help me achieve (behavior goal) _____

Because _____

I feel that (strategy #2) _____ would help me achieve (Behavior goal) _____

Because _____

I feel that (strategy #3) _____ would help me achieve (Behavior goal) _____

Because _____

Once I have achieve (Behavior goal) _____, I can stick to it by (maintenance strategy) _____

COMMIT TO CHANGE

Now that you've completed all the steps to prepare for a behavior change, it is time to affirm your commitment to making a healthy change! In the following pages, you will be able to fill out a behavior change contract for a short semester project and a contract that is designed for a lifetime behavior change.

GOAL LOGS

WEEK	TARGET BEHAVIOR	DATE	GOAL	GOAL ACHIEVED?	WHAT HAPPENED?	NEW STRATEGY/ NEW GOAL
1						
2						
3						
4						
5						