

# Personal Health Portfolio

## Chapter 1 Behavior Change Contract

Behavior I want to change: \_\_\_\_\_

My goal: \_\_\_\_\_

\_\_\_\_\_

*Remember that your goal should be SMART: specific, measurable, attainable, realistic, and time-bound.*

I will achieve my goal by \_\_\_\_\_ .  
date

Along the way, I will create a series of smaller, incremental goals to help me reach my overall goal:

Incremental goal 1: \_\_\_\_\_ Target date: \_\_\_\_\_

Incremental goal 2: \_\_\_\_\_ Target date: \_\_\_\_\_

Incremental goal 3: \_\_\_\_\_ Target date: \_\_\_\_\_

Benefits associated with this behavior change:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Barriers I expect to encounter:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategies for overcoming these barriers:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

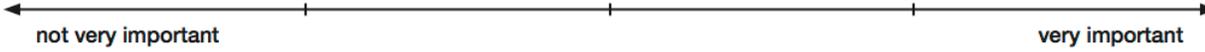
Signature: \_\_\_\_\_

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

Witness signature: \_\_\_\_\_

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

1. How important is this change to you?



2. How confident are you that you can make this change?

