

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?

← not very important | | | very important →

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

← not confident | | | very confident →