

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Behavior Change Contract

**DIRECTIONS:** Choose a health behavior that you would like to change and fill out this behavior change contract (a sample on the next page). 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.

_____	_____	_____
(short-term goal 1)	(target date)	(reward)

_____	_____	_____
(short-term goal 2)	(target date)	(reward)

_____	_____	_____
(short-term goal 3)	(target date)	(reward)

When I make the long-term behavior change described above, my reward will be:

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

I intend to make the 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: \_\_\_\_\_

NAME:

DATE:

# Lifelong Behavior Change Contract

Behavior change is a process that continues for a lifetime. The strategies that you begin to follow now can contribute to healthy benefits far into the future. Choose a change that will have long-term positive effects, then complete the contract and put your intentions into action (see a sample filled-in contract on the next page). 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.

_____	_____	_____
(short-term goal 1)	(target date)	(reward)
_____	_____	_____
(short-term goal 2)	(target date)	(reward)
_____	_____	_____
(short-term goal 3)	(target date)	(reward)

When I make the long-term behavior change described above, my reward will be:

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

I intend to make the 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: \_\_\_\_\_