



WELLNESS WORKSHEET 5

Behavior Change Contract

Once you have chosen a behavior you wish to change and have identified ways to change it (see Wellness Worksheet 4), your next step is to sign a behavior change contract. Your contract should show your commitment to changing your behavior and include details of your program. Use the contract shown below, or devise one that more closely fits your goals and your program.

(1) I _____ agree to _____
(name) (specify behavior you want to change)

(2) I will begin on _____ and plan to reach my goal of _____
(start date) (specify final goal)

by _____
(final target date)

(3) In order to reach my final goal, I have devised the following schedule of minigoals. For each step in my program, I will give myself the reward listed.

<small>(minigoal 1)</small>	<small>(target date)</small>	<small>(reward)</small>
<small>(minigoal 2)</small>	<small>(target date)</small>	<small>(reward)</small>
<small>(minigoal 3)</small>	<small>(target date)</small>	<small>(reward)</small>

My overall reward for reaching my final goal will be _____.

(4) I have gathered and analyzed data on my target behavior and have identified the following strategies for changing my behavior: _____

(5) I will use the following tools to monitor my progress toward reaching my final goal:
(list any charts, graphs, or journals you plan to use)

I sign this contract as an indication of my personal commitment to reach my goal.

_____ (your signature) _____ (date)

I have recruited a helper who will witness my contract and _____

_____ (list any way in which your helper will participate in your program)

_____ (witness's signature) _____ (date)

(over)

WELLNESS WORKSHEET 5 — continued

Describe any special strategies you will use to help change your behavior:

Create a plan below for any type of chart, graph, or journal you will use to monitor your progress: