

Name:
Date:
Email:
Phone:
Department:
Health Insurance Provider:

Activity 8 Completing a Contract for Behavior Change

Your next step in creating a successful behavior change program is to complete and sign a behavior change contract. Your contract should include details of your program and indicate your commitment to changing your behavior. Use the information from previous activities in this workbook to complete the following contract. (If your target behavior relates to exercise, you may want to use the program plan and contract for a fitness program in Lab 7-1.)

1. I _____ (Your Name) agree to _____

(specify behavior you want to change)
2. I will begin on _____ (Start Date) and plan to reach my goal of _____
_____ (Final Goal) by _____ (Final Target Date)
3. In order to reach my goal, I have devised the following schedule of mini-goals. For each step in my program, I will give myself the reward listed.

	Mini-Goal	Target Date	Reward
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

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 tool 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 Name) _____ (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 Name) _____ (Date)

Describe in detail any special strategies you will use to help change your behavior (refer to Activity 7).

Create a plan below for any charts, graphs or journal you will use to monitor you progress. The log format you developed in Activity 3 may be appropriate, or you may need to develop a more detailed or specific record-keeping system. Examples of journal formats are included in Labs 3-2, 4-3, 5-2, 7-2, 8-1, and 10-1. You might also want to develop a graph to show your progress; posting such a graph in a prominent location can help keep you motivation strong and your program on track. Depending on your target behavior, you could graph the number of push-ups you can do, the number of servings of vegetable you eat each day, or your average daily stress level.
