

FIGURE 2.5 Behavior change contract

BEHAVIOR CHANGE CONTRACT

Name: _____ Date of Contract: _____

Identified health area for change: _____

Long-term goal: _____

Intermediate goals: _____

Estimated time to achieve each intermediate goal: _____

Rewards for achieving intermediate goals: _____


Support network (persons and facilities): _____

Signature of Participant

Signature of Witness

for encouragement. (See Fig. 2.5 for a sample contract, and then complete *Journal Activity*: "Behavior Change Contract.")

To evaluate your progress you must regularly monitor goal-related activities. Consistent monitoring provides information necessary for determining progress toward your goal. Periodic monitoring (weekly or monthly) is better than daily monitoring. Monitoring can be done in the form of charts, graphs, or lists or descriptions of behaviors and attitudes.

JOURNAL ACTIVITY 

Behavior Change Contract

Write a behavior change contract in your journal. Keep a record in your journal of your activities related to the contract. Assess your progress periodically. Remember to reward yourself in healthy ways for demonstrating progress toward your goals. Don't forget to frequently seek our encouragement and guidance from your support system.