

Personal Behavior Contract

Based on an awareness of my health status, I _____
have decided to set the following behavior-related health goal, which will contribute to improve
my personal well-being.

My health behavior goal is _____
_____ (my own health goal)

The advantages of my achieving this goal are _____

The anticipated difficulties in taking positive action are _____

The behaviors I will adopt to accomplish this personal health goal are _____

_____ (my own health goal)

I will reinforce my actions for _____
_____ and reward achievement of my goal by _____

If I fail to achieve this health improvement goal, I will buffer the reward

I, _____, have reviewed this contract and
agree to let it be a part of a positive support system throughout the behavior change project.

Signed _____ Date _____

I have reviewed this contract and agree to take action to accomplish my goal and to discuss
the results with my positive advocate. Upon completion of this contract I will identify my next
area of opportunity and take further steps to improve my health status.

Signed _____ Date _____