

Behavioral Contract

Goal

Behavioral objective (What I will have to do to reach my goal)

Time frame

To reach my goal, I will (specific behaviors necessary to reach my goal)

If I (insert activity of interest)

then (insert reward)

Goal-supporting activities

Barriers and countermeasures

This contract will be evaluated every (insert time frame)

Date: _____

Signed: _____

Signed: _____