

BEHAVIORAL CONTRACT



Client's Name: _____ Coach's Name: _____

Date: _____

Choose a health behavior that you would like to change. Sign the contract at the bottom to confirm your commitment to making a healthy change. Return this contract to your Nutrition Coach.

1. Describe the behavior you would like to change. (e.g., *"I want to eat more vegetables."*)

2. List three benefits for changing your behavior. (e.g., *"I will be healthier. I will lose weight. I will feel more energetic."*)

1.

2.

3.

3. How confident are you on a scale of 0-10?

0 1 2 3 4 5 6 7 8 9 10

3. Describe your long-term goal for this new behavior. (e.g., *"I will prepare three meals per day with at least one serving of vegetables each."*)

4. List three obstacles from reaching your new goal (e.g., describe situations that make it harder to change).

1.

2.

3.

5. List three strategies you will use to overcome these obstacles.

1.

2.

3.

6. List available resources to help you change your behavior (e.g., friends, relatives, books, websites, Nutrition Coach).

1.

2.

3.

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7. List three short-term goals to help you make your long-term goal more attainable.

Short-Term Goal	Target Date
1.	
2.	
3.	

8. List rewards for reaching each short-term goal.

Short-Term Goal	Reward
1.	
2.	
3.	

8. List a reward for achieving long-term goal.

[illegible]

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Please sign below:

I have reviewed this contract and I agree to meet the behavior change previously described.

Signed: _____

Witness: _____