

Name \_\_\_\_\_

## *Behavior Contract*

*Goal:*

*I agree to* \_\_\_\_\_  
(Specify behavior: exercise: run, walk, etc.)

*Under the following circumstances* \_\_\_\_\_  
(Specify when, where, how much)

*I will reinforce myself by* \_\_\_\_\_  
(Specify reinforcement: movie, read, etc.)

*if I accomplish this goal at least* \_\_\_\_\_  
(Specify amount of time per day/week)

*In order to help me do this, I am going to: (List ways to modify your environment. E.g. Get up 30 minutes early, have a pad of paper in the room, etc.)*

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## *Goal Attainment Chart* *Behavior Monitoring*

<b>Days</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>Notes</b>
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

**+** = accomplished goal

**0** = did not accomplish goal