

SAMPLE BEHAVIORAL CONTRACT

Date: _____

I Will: (Do what) _____

(When) _____

(How often) _____

(How much) _____

How confident am I that I will do this? _____ (on a scale of 1 to 10, with 1 being not at all confident and 10 being completely confident)

If I successfully make this positive lifestyle change by _____, I will reward myself with _____

If I fail to successfully make this positive lifestyle change, I will forfeit this reward.

I, _____, have reviewed this contract and I agree to discuss the experience involved in accomplishing or not accomplishing this health-behavior improvement with _____ on _____.

Signed (Client): _____

Signed (Personal trainer): _____