# Skill-Building Challenge Worksheet: Creating a Behavior Contract

Name: Blank Class: Blank Date: Blank

**My Health Contract**

**1.** I, Blank , have decided to change the following health behavior:

Blank .

**2.** My goal is to Blank . (insert SMART goal)

**3.** I will achieve my goal by Blank . (insert date)

**4.** I want to change this behavior because

**5.** I think it will be hard to change this behavior because

**6.** The specific steps or actions I will take to help me meet my goal are

**7.** If I achieve my goal, I will reward myself by

**8.** I will review this contract on Blank . (insert a future date)

Signature Blank

Witness Blank