



Behavioral Contract

I will: (Do what) _____

(When) _____

(How often) _____

(How much) _____

How confident am I that I will do this? _____ (on a scale of 0-10, with 0 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 make this lifestyle change, I forfeit this reward.

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

Signed: Client _____

Health Coach _____