

Name: _____ Course Number: _____

Section: _____ Date: _____

Self-Contract

When you commit in writing what you want to accomplish, you increase the likelihood that you will act accordingly within a certain period of time. Eliciting this type of personal commitment has been shown to be one the most important aspects of health behavior change, especially when you share this self-contract with others close to you.

Start date: _____ Finish date: _____

Goal: _____

Motivation (benefits): _____

Identify your current stage of change: _____

Match your current stage of change and other stages you anticipate progressing through with the appropriate processes of change:

What specific techniques will you use for each of the processes identified above?	
Processes	Specific Techniques
Stage of change on the finish date:	

Mini goals	Date	Reward
_____	_____	_____
_____	_____	_____
_____	_____	_____

I, _____, agree to work toward a healthier lifestyle and in doing so shall comply with the terms and dates of this contract.

Signature: _____ Date: _____

Witness: _____ Date: _____