


CONTRACT LEARNING

Health Habit Contract



Goal

Reviewed by:
Date:

Step 1

Step 2

Step 3

How will I know I'm there?

Obstacles

My supporters

My reward

Instructions

Respond to the following questions after three weeks of implementing your contract:

1. How successful were you at accomplishing your goal?
2. What did you learn about your supporters?
3. How did monitoring your progress help you achieve or make progress toward achieving your goal?
4. Has this become a habit for you? Why or why not?