

CHECKLIST 3.2 Developing Behavioral Contracts

Mark this chart when you have set and implemented your policy for each of the following aspects of your behavior contract. Using this checklist can help you develop an effective behavior contract.

Planning a Contract

- ☐ I have designed a contract that is fair to and suitable for all involved.
- ☐ I have designed the contract positively, stressing what will rather than what will not be done.
- ☐ I have ensured that the rewards for compliance are highly desired by those involved and hard to obtain otherwise.
- ☐ I have listed rewards for small, incremental accomplishments, gradually delaying rewards over time.
- ☐ When possible, I have included a bonus clause.
- ☐ If this is a subsequent contract, I have made it more difficult than the previous one.
- ☐ The contract includes dates when the agreement begins and ends.

Administering a Contract

- ☐ I have ensured that all involved understand the conditions of the contract.
- ☐ The contract is signed by all involved, possibly including parents.
- ☐ I have given each signing person a copy of the contract.
- ☐ The contract begins as soon as possible after signing.
- ☐ I give reinforcers immediately after participants have earned them.
- ☐ I administer the contract consistently and systematically.

Following Up

- ☐ If the initial contract seems ineffective or I see that a participant is having difficulty succeeding, I renegotiate the terms accordingly.