



Personal Contract

I _____ promise myself that I will improve my health by adhering to the following contract.

My long-term goal is:

My short-terms goals are:

I want to make these changes because:

What gets in my way of change:	Strategies to help me make the change:
1.	1.
2.	2.
3.	3.
4.	4.

My reward to myself when I accomplish this goal is:

Date: _____

Signed: _____