



## Healthy Lifestyle Contract

1. I \_\_\_\_\_ agree to make the following health style change(s):

---

---

---

---

2. My short-term goal(s) are to

---

\_\_\_\_\_ by \_\_\_\_\_ (date).

3. My long-term goal(s) are to

---

\_\_\_\_\_ by \_\_\_\_\_ (date).

I will assess my progress on the desired behavioral change on a regular basis:

\_\_\_\_\_ (note how often).

Further, I will report my progress to at least two friends and/or peers on a regular basis.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Witness: \_\_\_\_\_

---