

Activity

# Health Behavior Contract

## Health and Wellness

**My Goals:** I, \_\_\_\_\_, will accomplish one or more of the following goals:

I will choose one part of my health that needs improvement and make a plan to improve.

I will practice preventive healthcare.

I will master the life skill, "Practicing Wellness."

Other: \_\_\_\_\_

**My Reasons:** By improving one part of my health, my overall wellness will be more balanced. I will prevent injury and illness to myself by practicing preventive healthcare. By mastering the life skill, "Practicing Wellness," I will improve my overall health and fitness.

Other: \_\_\_\_\_

**My Values:** Personal values that will help me meet my goals are

\_\_\_\_\_

\_\_\_\_\_

**My Plan:** The actions I will take to meet my goals are

\_\_\_\_\_

\_\_\_\_\_

**Evaluation:** I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed \_\_\_\_\_

Date \_\_\_\_\_