

BEHAVIORAL INTERVENTION FORM

1. STATE BEHAVIOR TO BE CHANGED/MAINTAINED

2. REASONS FOR CHANGING/MAINTAINING THIS BEHAVIOR.

- A.
- B.
- C.
- D.
- E.

3. IDENTIFYING YOUR CURRENT BASELINE FOR THIS BEHAVIOR.

4. STATE BEHAVIOR CHANGE IN THE FORM OF A PRECISE BEHAVIORAL GOAL/OBJECTIVE

5. DESCRIBE SHORT TERM REWARD AND/OR CONTINGENCIES.

- A.
- B.
- C.
- D.
- E.

6. DESCRIBE INTERMEDIATE AND LONG-TERM REWARDS AND/OR CONTINGENCIES.

- A.
- B.
- C.
- D.
- E.

7. LIST THE POSITIVE AND THE NEGATIVE FORCES THAT WILL HELP YOU CHANGE OR MAINTAIN THE BEHAVIOR.

POSITIVE

NEGATIVE

Behavior change contract

Once you have chosen a behavior you wish to change and have identified ways to change it (see Wellness Worksheet 1), your next step is to sign a behavior change contract. Your contract should show your commitment to changing your behavior and include details of your program. Use the contract shown below or devise one that more closely fits your goals and your program.

(1) I _____ agree to _____
(name) (specify behavior you want to change)

(2) I will begin on _____ and plan to reach my goal of _____
(start date) (specify final goal)

by _____
(final target date)

(3) In order to reach my final goal, I have devised the following schedule of mini-goals. For each step in my program, I will give myself the reward listed.

_____ (mini-goal 1) _____ (target date) _____ (reward)

_____ (mini-goal 2) _____ (target date) _____ (reward)

_____ (mini-goal 3) _____ (target date) _____ (reward)

My overall reward for reaching my final goal will be: _____

(4) I have analyzed the circumstances and consequences of my target behavior, and I have identified the following external and internal stimuli and positive and negative reinforcers that I can alter to help change my behavior: _____

(5) I will use the following tools to monitor my progress toward reaching my final goal:

_____ (list any charts, graphs, or diaries you plan to use)

I sign this contract as an indication of my personal commitment to reach my goal.

_____ (your signature) _____ (date)

I have recruited a helper who will witness my contract and _____

_____ (list any way in which your helper will participate in your program)

_____ (witness' signature) _____ (date)