

# LAB 1.3

PLAN FOR CHANGE  
CREATE A BEHAVIOR  
CHANGE CONTRACT

MasteringHealth™

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor: \_\_\_\_\_ Section: \_\_\_\_\_

**Purpose:** To introduce students to the process of writing a behavior change contract and planning for new life-style behaviors. This introduction will serve as a model for other behavior change plans in subsequent chapters.

**Directions:** Complete the following sections.

## SECTION I: PERSONAL WELLNESS REVIEW

1. Review your answers from Lab 1.1 and Lab 1.2.
2. Consider the stages of change (precontemplation, contemplation, preparation, action, maintenance) and evaluate your readiness to make a behavior change.
3. Choose a target behavior to change. For this behavior, you should be in the contemplation or preparation stages. Write the behavior below.

My behavior to change is \_\_\_\_\_

## SECTION II: SHORT- AND LONG-TERM GOALS

1. **Long-Term Goal:** Long-term goals are those set for six months to a year or more. These goals should be achievable and may take many steps and an extended time to reach. Be sure to use SMART (specific, measurable, action-oriented, realistic, time-oriented) goal-setting guidelines when creating your long-term goal. After writing out your long-term goal, choose an appropriate target date and a reward for completing your goal.

- a. Long-Term Goal: \_\_\_\_\_
- b. Target Date: \_\_\_\_\_
- c. Reward: \_\_\_\_\_

2. **Short-Term Goals:** Short-term goals are those you want to achieve in less than six months. These goals will often help you reach your long-term goal. They may also be part of your long-term goal. Again, use SMART goal-setting guidelines when setting short-term goals. After writing out your short-term goals, choose appropriate target dates and rewards.

- a. Short-Term Goal #1: \_\_\_\_\_
- b. Target Date: \_\_\_\_\_
- c. Reward: \_\_\_\_\_

- a. Short-Term Goal #2: \_\_\_\_\_
- b. Target Date: \_\_\_\_\_
- c. Reward: \_\_\_\_\_

## SECTION III: BEHAVIOR CHANGE OBSTACLES AND STRATEGIES

1. These are **three obstacles** to changing this behavior (things I am currently doing or situations that contribute to this behavior or make it harder to change):
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. Here are **three strategies** I will use to overcome these obstacles:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

## SECTION IV: GETTING SUPPORT

1. Resources I will use to help me change this behavior:
  - a. A friend/partner/relative: \_\_\_\_\_
  - b. A school-based resource: \_\_\_\_\_
  - c. A community-based resource: \_\_\_\_\_
  - d. A book or reputable website: \_\_\_\_\_
2. How will you use these supportive resources to help you with your goals?

## SECTION V: CONTRACT, TRACKING, AND FOLLOW-UP

1. Contract: I intend to make the behavior change described above. I will use the strategies and rewards to achieve the goals that will contribute to a healthy behavior change.  
Signed \_\_\_\_\_ Date \_\_\_\_\_  
Witness \_\_\_\_\_ Date \_\_\_\_\_
2. Tracking: Tracking progress toward your goals is very important to ensure successful behavior change. As you move through this course, you will be asked to monitor your progress on several of your health, wellness, and fitness goals. Accurate and regular record-keeping is important.
3. Follow-up: When reaching your target date, it is important to follow up and reassess your program. During this course, you will be answering questions such as, Did you accomplish your goal? Do you need to set a new and more challenging goal? Do you need to alter your goals or program to make it more realistic? This section in your labs is important to modify your goals and your program and to set future goals.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.