

Directions:

Complete the following behavior modification contract, using friends or peers as witnesses. See below for an example of a completed contract.

Behavior Modification Contract

1. I _____ (name) agree to make the following behavior change(s):

_____ beginning on _____ (date).

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

_____ by _____ (date).

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

4. 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: _____

Illustration of Behavior Modification Contract for Smoking Cessation:

Behavior Modification Contract

5. I _____ John Doe _____ (name) agree to make the following behavior change(s):

_____ beginning on _____ May 15, 1999 _____ (date).

6. My short-term goal(s) are to:

___ Stop smoking _____
_____ by May 15, 1999 _____ (date).

7. My long-term goal(s) are to:

Remain smoke free during the rest of my life

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

_____ weekly _____ (note how often).

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

Signed: _____ John Doe _____ Date: May 1, 1999

Witness: ___ Bill Jones _____ Witness: _____ Linda Williams _____