



## **HEALTH BEHAVIOR CONTRACT**

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

Answer the following questions to create your contract. After every seven days, evaluate how your diet change plan is working. You can add this contract to your physical education journal or portfolio.

1. Name one healthful diet change that you want to make.
  
  
  
  
  
  
  
  
  
  
2. How will this change positively affect your health?
  
  
  
  
  
  
  
  
  
  
3. Describe your specific action plan for making this change (this must be a multistep plan).
  
  
  
  
  
  
  
  
  
  
4. Develop a chart that tracks your daily progress toward achieving this diet change.