

HEALTH BEHAVIOR CONTRACT

Name	Date
Answer the following questions to croplan is working. You can add this co	eate your contract. After every seven days, evaluate how your diet change ntract to your physical education journal or portfolio.
1. Name one healthful diet chan	ge that you want to make.
2. How will this change positivel	y affect your health?
2. Flow will this change positive	y affect your fleatiff:
3. Describe your specific action	plan for making this change (this must be a multistep plan).
4. Develop a chart that tracks yo	our daily progress toward achieving this diet change.
ctivity 6.7 Health Behavior Contract	
,	ldle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).