

Food & Health Contract

Week of: _____

This is a contract between you and yourself. Print out a few copies and place in key areas such as next to bed, refrigerator, and work desk, to make sure you are constantly aware of your goals.

Up to 3 specific short-term goals for this week: (What, how, when, where)

1. _____

2. _____

3. _____

Accountability (Give each day X or ✓)

Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							

Identify Barriers to completing your goals, and how you will overcome them:

Reward: (Pick a non-food reward)

Sign: _____

Date: _____