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| Student name: |  |
| Student ID no.: |  |
| Teacher in charge: |  |
| Date: |  |

The behavior change will be:  
(Indicate the behavior you wish to change e.g.)

Unhealthy eating

The long term goal for this behavior change is:

(Indicate what result you wish to obtain from changing you habit.)

These are the obstacles to change (things that you are currently doing or situations that contribute to this behavior or make it harder for change to occur):

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The strategies I will use to overcome these obstacles are:

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Resources that I will use to help me change this behavior:

(Indicate the resource you are going to use that will help you change the behavior in question e.g.) Friends or Relatives whom will help you in getting past certain obstacles

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In order to make my goal more attainable, I have planned out these short term goals to assist me in the process of changing:

Short term goal: (e.g. eat healthy 3 times a week) Target date: Reward:

Short term goal: Target date: Reward:

Short term goal: Target date: Reward:

Short term goal: Target date: Reward:

Short term goal: Target date: Reward:

When I am able to complete the long term behavior as per stated above, my reward will be:

[State your reward here] Date:

I intend to make the behavior change as stated above, I will use the strategy and reward to help achieve the goals that have been planned out, which will in turn encourage healthy behavior change.

Signed: [Signature over your printed name here]

Witness: [insert witnesses name here]