



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

Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Changing Your Behavior

What is a health behavior for which your current stage of change is precontemplation, contemplation, or preparation? Now is the time to consider making a change. Select one of these health behaviors, and use the steps below to indicate how you will accomplish the change.

1. Select a behavior to change. \_\_\_\_\_
2. Use self-monitoring to assess your behavioral patterns. State at least one barrier you will face.

State at least one thing that will support your change.

3. Name the people you will be able to count on for support and accountability. Will one of them be willing to sign the behavior change contract with you?
4. What behavior modification strategies will you use? For each strategy you list, write out a specific plan for how you will use it.
5. Write out your long-term goal and at least two short-term SMART goals that will help you get there.  
Long-term goal: \_\_\_\_\_  
\_\_\_\_\_  
Short-term SMART goals: \_\_\_\_\_  
\_\_\_\_\_
6. How will you reward yourself when you achieve your short- and long-term goals?