ONE-WEEK CONTRACT

For the week starting ____________, ________________
(day) (month) (date) (year)

1. My goal for this semester is:

2. Behavior contracted for this week:
   a. What behavior? (be specific)
   b. What exact day(s) of the week?
   c. What exact time(s) of the day?
   d. How will you guard against interruptions?

3. Incentives for success:
   a. Reward for success: When I complete my contract, I will......
      (Do something you like)
   b. I will tell _________________________ about the outcome.

   Signed ___________________________

   Witness (Facilitator) ___________________________

4. Results:
   a. What happened?
   b. What did you learn about yourself from the results?