

**Figure 3.2 • Contract Sample**

**My Contract:**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

These are my goals:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

These are my consequences if I don't meet my goals:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

There are my rewards/reinforcers if I meet my goals:

\_\_\_\_\_  
\_\_\_\_\_

My contract will be reviewed on:

\_\_\_\_\_  
\_\_\_\_\_

Signatures: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_