

Action

Rewarding Yourself & Contracting, part 1

Now that you have been working hard to set goals for healthy eating and physical activity you will find that you are more likely to meet your goals if you make a written contract with yourself. This is an agreement to reward yourself if you accomplish your goals.

Selecting a good reward is an important part of making sure that your contract works! There are a few rules for selecting good rewards:

- 1 They should be **something you really enjoy**. Choose something that you know you will like.
- 2 They should be **under your control**. A reward should NOT be something that someone else has to get for you. For example, going to the mall would be a bad reward if you have to depend on someone else to take you there.
- 3 They should be **powerful**. The reward should be equal to the effort you put into meeting your goals. For example, going to the movies would be more powerful than rewarding yourself with a piece of gum.
- 4 They should be **immediately available**. When you meet your goal you should reward yourself right away. Don't make yourself wait for the reward. For example, going to the movies would be a bad reward if you can't go until the following weekend.

SELF-CARE

List two things you'd like to do to pamper yourself or just to take better care of yourself, but don't do all of the time (for example, getting your nails done or going to a barber for a trim).

1

2

ACTIVITIES

List two activities you would like to do more often (for example, playing basketball or going to a friend's house or watching a movie).

1

2

THINGS

List two things that you don't own, but that you would really like to have. Think of things that you can afford (for example, a clothing item, a song or app you'd like to download).

1

2

PLACES

List two places where you would like to go more often, but don't always get a chance to go.

1

2

Which 2 are your favorite?

For More Information visit: www.HealthyMeFlorida.com

Action

Rewarding Yourself & Contracting, part 2

Healthy Me Contract

My goal for the next week is to take at least _____ healthy step(s) from each of the categories below every day. Each day that my daily total of healthy steps is _____, I will reward myself with:

If I reach my goal 5 days out of 7 during the next week, I will reward myself with:



Healthy Eating:

- Try one new vegetable every week.
- Try to include 1 fruit or vegetable in every meal.
- Replace one junk food with a fruit this week.
- Go to the store and buy a favorite fruit or ask a parent to buy it.



Less Sugary Drinks:

- Drink only ___ soda(s) this week.
- Instead of soda or juice get a bottle of water from the vending machine.
- Buy a refillable water bottle and take it to school.



Physical Activity:

- Start with ___ minutes a day, at least ___ days this week.
- Add 5 minutes to my workout everyday.
- Ask a friend to workout with me or take a walk around the block.
- Look for an exercise video on You tube.



Less Screen Time:

- Turn the TV off for 30 minutes twice this week and go for a walk.
- Only watch TV shows I really like, turn off TV when bored & do something else.
- Put away my phone charger, and when phone dies find something active to do.

Goal Met:

Mon Tue Wed Thu Fri Sat Sun

Signed _____

Date _____

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