BEHAVIOR CONTRACT

This Behavior Contract (this "Contract") is made by the people who sign it at the end and starts on _____. It sets out the goals the person named below will work toward, the behavior everyone expects, how progress will be tracked, and what happens when goals are met or missed.

Person working on the goals (child, teen, student or adult): _____, age (optional) _____.

Supporting adults (parent or guardian, teacher and school, or household members): _____.

Purpose (optional): _____.

1. GOALS

Goal One: _____. Measure of success: _____.

Goal Two: _____. Measure of success: _____.

Goal Three: _____. Measure of success: _____.

Progress counts, not perfection. A hard day does not erase the progress made before it.

2. EXPECTED BEHAVIOR

The person working on the goals agrees to: _____; _____; _____.

Screen time limit or curfew (if any): _____.

3. TRACKING PROGRESS

Progress will be tracked with (check one): [ ] a daily chart; [ ] a points system; [ ] a daily checklist; [ ] a weekly check-in conversation.

4. REWARDS

When the goals are met (_____), the person earns: _____.

Rewards are given promptly once earned and are not taken back as a consequence for later behavior.

5. CONSEQUENCES

Before a consequence, the supporting adults will give a calm reminder and then a clear warning.

Consequences: _____.

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Consequences will be related to the behavior, in proportion to it, and applied the same way each time. They will never be physical or humiliating. The next day is a fresh start.

6. SUPPORT AND ENCOURAGEMENT

The supporting adults will explain expectations clearly, praise progress, and follow through. They will also: _____.

For a student with an IEP or a Section 504 plan: that plan controls, and this Contract does not change any service, accommodation or behavior support it provides.

7. REVIEW AND CHANGES

Everyone who signs will meet (check one) [ ] every week [ ] every two weeks [ ] every month to review progress. Changes take effect when written down and initialed by everyone. This Contract lasts until _____, or until everyone agrees it is no longer needed.

8. NATURE OF THIS CONTRACT

This Contract is a tool for setting clear expectations and building good habits. The people who sign it do not intend it to create legal rights or duties or to be enforced in court. It does not replace any parent's authority, school policy, lease or legal right.

Additional terms: _____

SIGNATURES

Child, Teen, Student or Participant

Signature: _____ Date: _____

Printed Name: _____

Parent or Guardian

Signature: _____ Date: _____

Printed Name: _____

Teacher or Household Member

Signature: _____ Date: _____

Printed Name: _____

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Witness (optional)

Signature: _____ Date: _____

Printed Name: _____

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