

# BEHAVIOR CONTRACT

Child's Name: \_\_\_\_\_

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

I promise to work on these behavior expectations: \_\_\_\_\_

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Choose three of the following or create your own:

<input type="checkbox"/> I will go to bed when asked	<input type="checkbox"/> I will pick up after myself	<input type="checkbox"/> I will use good manners
<input type="checkbox"/> I will not interrupt	<input type="checkbox"/> I will keep good hygiene	<input type="checkbox"/> I will treat others with respect
<input type="checkbox"/> I will respect the property and privacy of others	<input type="checkbox"/> I will be sensitive to the feelings of others	<input type="checkbox"/> I will avoid behaviors that are aggressive, destructive and dangerous
<input type="checkbox"/> I will not give in to peer pressure	<input type="checkbox"/> I will avoid places and things that are unsafe or dangerous	<input type="checkbox"/> I will take responsibility for my actions and not blame others
<input type="checkbox"/> I will present a positive attitude instead of being negative or rude	<input type="checkbox"/> I will listen and be attentive when spoken to	<input type="checkbox"/> I will complete all homework on time
<input type="checkbox"/> I will get ready for school on time	<input type="checkbox"/> I will eat healthy foods	<input type="checkbox"/> I will do all of my chores
<input type="checkbox"/> I will limit my use of technology (computer, television, cell phone, video games) to ___ hours/day	<input type="checkbox"/> I will _____ _____	<input type="checkbox"/> I will _____ _____

Reward for meeting these expectations: \_\_\_\_\_

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Consequences for not meeting these expectations: \_\_\_\_\_

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Child Signature: \_\_\_\_\_

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

Parent Signature: \_\_\_\_\_

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

