

If I fail to comply with this agreement I will not achieve my goals therefore forfeiting the following rewards:

- | | |
|----------|----------|
| a. _____ | i. _____ |
| b. _____ | j. _____ |
| c. _____ | k. _____ |
| d. _____ | l. _____ |
| e. _____ | m. _____ |
| f. _____ | n. _____ |
| g. _____ | o. _____ |
| h. _____ | p. _____ |

I have reviewed this Lifestyle and Behavior Change Agreement and agree to the terms and conditions set within. I will take action to accomplish my goals and to discuss any challenges and the results with my dream team. Upon completion of this contract I will seek to identify my next area of opportunity and take further steps to improve my health status.

Member Signature

Date

Parent/Guardian Signature

Date