

APPENDIX E

Sample Behavioral Contract

CHILD:	PARENT:
TARGET BEHAVIORS	
1. _____ 2. _____ How well does the behavior have to be performed? (Daily? Weekly? X times per week?) In order to receive a daily reward, _____ needs to _____ _____ In order to receive a daily reward, _____ needs to _____ _____	
REWARD	
Who will provide the reward? _____ What will the reward be? _____ _____ How much? _____ Weekly reward will be _____ _____ What will occur if the reinforcement criterion is not met for some or all of the behaviors? _____ _____	
CHILD SIGNATURE: _____ PARENT SIGNATURE: _____	

APPENDIX E (continued)
Sample Behavioral Contract (filled)

CHILD: <u>Peter</u>	PARENT: <u>May</u>
TARGET BEHAVIORS	
<u>1. Eating 5 bites of a new food each day</u>	
<u>2. Drinking ¼ cup of two new drinks per week</u>	
How well does the behavior have to be performed? (Daily? Weekly? X times per week?)	
<u>In order to receive a daily reward, <u>Peter</u> needs to <u>eat 5 bites of a new food</u></u> <u>(from his list of new foods) per day.</u>	
<u>In order to receive a daily reward, <u>Peter</u> needs to <u>eat 5 bites of a new food</u></u> <u>(from his list of new foods) for four out of five days of the week and drink ¼ cup</u> <u>of two new drinks per week.</u>	
REWARD	
<u>Who will provide the reward? <u>His mother</u></u>	
<u>What will the reward be? <u>Daily reward will be access to Xbox, Nintendo, Cartoon</u></u> <u>Network, or his iPad.</u>	
<u>How much? <u>30 minutes</u></u>	
<u>Weekly reward will be <u>either earning a prize he is working for, having a friend over</u></u> <u>to his house, going to a movie, etc. His weekly reward will be specified at the</u> <u>beginning of the week.</u>	
<u>What will occur if the reinforcement criterion is not met for some or all of the behaviors?</u> <u>He will not receive his 30 minute daily reward for meeting his daily requirement.</u> <u>He will not receive his weekly reward if his weekly criterion is not met.</u>	
CHILD SIGNATURE:	<u>Peter</u>
PARENT SIGNATURE:	<u>May</u>

APPENDIX E (continued)

Weekly Data Sheet

NAME:		WEEK:		
Days of the Week	# of Bites Eaten	Daily Reward	Reward Received (Yes/No)	Preference Rating*
MONDAY New food: _____ Drink: _____				1 2 3 4 5 6 7 8 9 10
TUESDAY New food: _____ Drink: _____				1 2 3 4 5 6 7 8 9 10
WEDNESDAY New food: _____ Drink: _____				1 2 3 4 5 6 7 8 9 10
THURSDAY New food: _____ Drink: _____				1 2 3 4 5 6 7 8 9 10
FRIDAY New food: _____ Drink: _____				1 2 3 4 5 6 7 8 9 10
		Weekly Reward: _____		
		Weekly criterion met: Yes or No		

* Preference Rating: Did not like (1-4) / Neutral (5) / Liked (6-10)