My Behavior Contract

An agreement we make together: one clear goal, the help I get, and what I earn when I reach it.

Name: _____ **Date:** _____

1 Who and when — Fill in together

Student: _____ **Adult(s):** _____

Start date: _____ **We will review it on:** _____

2 My goal — Say what I WILL do, not what I will stop

I will: _____

This looks like (what an adult would see or hear): _____

_____

When and where (class, time of day): _____

I reach my goal on a day when I earn ____ out of ____ points. _____

Example: "I will raise my hand and wait to be called on during reading and math."

Adults will help me by

- ☐ Reminding me of my goal before the class starts
- ☐ Noticing and telling me when I do it
- ☐ Giving my points right away

_____

_____

_____

What I earn

My reward: _____

_____

I earn it when I reach my goal on

☐ 1 day ☐ 3 of 5 days ☐ 4 of 5 days

I get it (when): _____

A reward I earn is never taken away.

Choose rewards together, small and quick.

3 If I do not reach my goal — Every day is a fresh start

- ☐ We talk calmly about what got in the way
- ☐ I try again the next day with a clean sheet
- ☐ We change one thing in the plan if it keeps being hard

Other: _____

4 We agree — Everyone signs, everyone gets a copy

Student	Teacher or counselor	Parent or caregiver
_____	_____	_____
Date	Date	Date

5 In my own words — The student fills this in

Why this goal matters to me: _____

One thing I can do when it gets hard: _____

Original layout by Lotus & Tulip. A teaching tool, not a discipline policy or an IEP document.

Free printable from Lotus & Tulip · lotustulip.com/behavior-contract-for-students.html

Behavior Contract Tracker

One week at a time. Mark each period right away and show the student, then add up the day together.

Name: _____ **Date:** _____

My goal: _____ **Week of:** _____

Mark each period: 2 = goal met 1 = met with a reminder 0 = not yet

Day	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Total	Goal met?
Mon	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	/12	☐ Yes ☐ Not yet
Tue	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	/12	☐ Yes ☐ Not yet
Wed	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	/12	☐ Yes ☐ Not yet
Thu	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	/12	☐ Yes ☐ Not yet
Fri	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	2 1 0	/12	☐ Yes ☐ Not yet

Days goal met this week: _____ of 5

☐ Reward earned ☐ Not this week

How did my week go?



Great OK Hard

What helped me: _____

What got in the way: _____

Next week I will: _____

Review meeting

Date: _____

Next step:

- ☐ Keep the same goal
- ☐ Raise the bar a little
- ☐ Add a new goal
- ☐ Fade: fewer checks, rarer rewards

For the adult: making a contract work

1. Pick one or two goals, written as what the student will do, small enough to reach on day one.
2. Write the contract with the student, not to them. Let them help choose the reward and sign it.
3. Give points right away with a few words of praise. Delay and vague praise weaken the contract.
4. Review weekly. Raise the goal slowly once it is met most days, then fade checks and rewards.
5. If nothing changes after two to three weeks, ask why the behavior happens (the school team or an FBA).

Notes: _____

Original layout by Lotus & Tulip. A teaching tool, not a discipline policy or an IEP document.

Free printable from Lotus & Tulip · lotustulip.com/behavior-contract-for-students.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Visual Schedule and Behavior Supports, 23 pages with token boards, a reward menu, first then boards and 136 picture cards

Holiday sale on Etsy until Dec 2: about $6.44, was $8

Get it on Etsy

etsy.com/listing/4608144175 | instant digital download

See every page first: lotustulip.com/visual-schedule-and-behavior-supports.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.