

# CONTRACT

Today's date: \_\_\_\_\_

I recognize that completing my mood journal every day is very important and will help me learn how to enjoy myself more. I will do the best I can to record my activities and thoughts every day, and bring my folder to our meetings.

For accomplishing these tasks, I agree to reward myself with one of my reward choices.

For this week, I completed my tasks on the following days, and rewarded myself as indicated:

<b>Day:</b>	<b>Mood Journal completed?</b>	<b>Activity performed:</b>	<b>Reward provided:</b>
<b>Day 1:</b>	YES NO		
<b>Day 2:</b>	YES NO		
<b>Day 3:</b>	YES NO		
<b>Day 4:</b>	YES NO		
<b>Day 5:</b>	YES NO		
<b>Day 6:</b>	YES NO		
<b>Day 7:</b>	YES NO		

\_\_\_\_\_  
participant signature

\_\_\_\_\_  
facilitator signature