

Personal Fitness Contract

Post this someplace prominent and read it once every morning.

My Fitness Goals - *BE SPECIFIC*

Start Date

Finish Date

- | My Fitness Goals - <i>BE SPECIFIC</i> | Start Date | Finish Date |
|---------------------------------------|------------|-------------|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |

Why my goals are important. _____

What achieving my goals will do for me. _____

Action items to achieve my goal(s).

Weeks 1 & 2 _____

Weeks 3 & 4 _____

Weeks 5 & 6 _____

Weeks 7 & 8 _____

What are the biggest obstacles to achieving my goal(s)? _____

How will I overcome my obstacles? _____

Starting and Ongoing Measurements:

Week 1 _____ Week 2 _____

Week 3 _____ Week 4 _____

Week 5 _____ Week 6 _____

Week 7 _____ Week 8 _____

My Reward Will Be: _____

Your Name: _____

Goal Partner's Name: _____ Witness: _____

Today's Date: _____ Checkup Date: _____