



PERSONAL FITNESS CONTRACT

The purpose of this contract is to serve as a reminder of the commitment to a healthy lifestyle that you have made to yourself. You have made one of the best decisions of your life!

Name: _____

My Fitness Partner: _____

Involve someone else. You're likelier to stick to your training schedule if you have a workout partner. If you can't find a friend who'll go to the gym with you regularly, at least have someone check in with you every week. Whoever you name here should also sign your contract (below) and get a copy of it.

My Goals: _____

- Keep it reasonable. If you've never run before, don't plan to run a marathon two months from now.
- Pick something you can measure. Rather than resolving to "get buff," aim to accomplish a specific goal by a certain date -- like being able to run 5 miles, lift 100 pounds, or swim 20 laps at a time.
- Try to keep it balanced. Even if you're training for a 10K run, you'll want to add some strength and flexibility training to your aerobic exercise routine -- try yoga, it's good for stress relief, too.
- Get the go-ahead from your doctor. If you've never worked out before, if it's been longer than a year, or if you have any health concerns, please contact your doctor to discuss your plans.

My Reminder System: _____

Forgetting isn't a good excuse! It's easy to forget a new routine, especially if you work out alone. So mark your calendar, enter it in your PDA or computer, set your alarm, or enlist a friend to call you -- whatever it takes!

My Reward: _____

Treat yourself along the way to your ultimate goal. For example, every week you keep your workout schedule, put \$5 in a jar for that day at the spa or night at the theater. You'll feel like you're making progress.

My Inspiration: _____

Pick a guiding light. Missing a few days or weeks doesn't mean you have to give up. When you feel discouraged, thinking of a personal hero or reading something inspirational you can help you regain your resolve.

Your Signature: _____ **Date:** _____

Witness: _____ **Date:** _____ (fitness partner/friend)