



Health and Fitness Self-Contract

Over all, I would like to (what would I like to accomplish for 2008):

Three horizontal lines for writing goals for 2008.

By \_\_\_\_\_ (12 weeks), I would like to accomplish:

(Keep in mind they will be Specific, Measurable, Attainable, Relevant and Own-able. Areas to consider, weight, body mass change, flexibility, and strength.)

Three horizontal lines for writing 12-week goals.

So, by the week of \_\_\_\_\_ (6 weeks), I should be closing in on?????????

Three horizontal lines for writing 6-week goals.

I will perform movement/cardio \_\_\_\_\_ x a week to support my goals.

I will perform strength training \_\_\_\_\_ x a week to support my goals.

I will practice stretching \_\_\_\_\_ x a week to support my goals.

I will get my workouts done at \_\_\_\_\_ (time) of the day.

I will call \_\_\_\_\_ (select a person) when I need help and/or motivation.

I will keep track of my actions on a daily, weekly, monthly (circle one) calender.

How will I feel when I do these things daily? \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_