

# Fitness Contract

There are several steps you can take to ensure success with your fitness program. The first thing to do is put it in writing. Print out this page, fill in the blanks, and hang it where you'll see it everyday.

**Name:** \_\_\_\_\_ **Fitness Partner:** \_\_\_\_\_

You're more likely to stick to your fitness schedule if you involve someone who will hold you accountable. If you can't find someone who will actually work out with you, find someone who will at least check in with you weekly. They should also sign this contract (below) and receive a copy.

**My Goals:** \_\_\_\_\_

**S** – specific **M** – measurable **A** – attainable **R** – realistic **T** – timely

	Activity	Time (min)	How I felt	Activity	Time (min)	How I felt
<b>Sunday</b>						
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						

**My Reward:** \_\_\_\_\_

Reward yourself along the way. For example, if you're able to stick to your weekly schedule, pay yourself \$5. You'll feel like you're making progress.

**My Inspiration:** \_\_\_\_\_

Don't forget why you started this journey. When you feel discouraged or unmotivated, remind yourself of why you want to make healthy changes.

**Your signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness** (fitness partner or other friend): \_\_\_\_\_ **Date:** \_\_\_\_\_