

Exercise Contract

I, _____, commit to beginning a healthy and active lifestyle. I realize that I will experience various life events which will conflict with my exercise schedule. However, I pledge to do my best to stick to my plan.

Goal:

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Time Frame:

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Goal reached (reward):

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Goal Supporting Activities:

1.)
2.)
3.)

Barriers:

1.)
2.)

This contract will be evaluated every Sunday and adapted if necessary.

Signed: _____
Exercise Participant

Date: _____

Signed: _____
Witness

Date: _____

Exercise Contract (Sample)

I, Jane Doe, commit to beginning a healthy and active lifestyle. I realize that I will experience various life events which will conflict with my exercise schedule. However, I pledge to do my best to stick to my plan.

Goal:	To walk for 30 minutes 5 times a week
Time Frame:	Present through December 31st
Goal reached (reward):	IF I walk for 30 minutes 5 times a week for the next three months, THEN I will buy a new pair of athletic shoes.
Goal Supporting Activities:	1.) Schedule exercise sessions on calendar every Sunday 2.) Walk with my family at least twice per week 3.) Wear my pedometer daily and set weekly step goals 4.) Set clothes and shoes out in the evening for morning walks 5.) Track completed sessions on activity log
Barriers:	1.) Rain: I will use the treadmill at work during my lunch hour 2.) Extra busy days: I will take three 10-minute walks throughout the course of the day 3.) Business trips: I will pack my athletic shoes and walk first thing in the morning

This contract will be evaluated every Sunday and adapted if necessary.

Signed: _____
Exercise Participant

Date: _____

Signed: _____
Witness

Date: _____