

Exercise module

MY PERSONAL COMMITMENT TOWARD GOAL SETTING

This contract is your road map to help you reach your fitness goals. For a successful journey you need to know your destination, the route you will take to get there, a plan for what to do if you run into a roadblock and who you can call on for help along the way. Keep your completed responses handy and refer to them frequently to help you stay on course.

1. My short-term fitness goals (to be achieved over the next two-to-four weeks) are:

2. My long-term fitness goals (to be achieved over the next six months) are:

3. This is what I need to change to achieve these goals:

4. This is what I am willing to do to make it happen:

5. Others will know of the changes I am making when:

6. I might sabotage my plan by:

7. Therefore, my contract to myself is:

By signing below I agree to these goals and commitments.

Signed: _____ Date: ___/___/___ My follow-up date: ___/___/___