Personal Fitness Contract and Schedule

Name:______________________________

Are you serious? Put it in writing!
Fitness experts say you’re much more likely to stick to a workout routine if you put it in writing.
One good way to do this is to make a contract with yourself. Just print out this page and fill in the blanks.
Then post the contract on your refrigerator or bulletin board so you can look at it every day for inspiration.

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 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. Here’s an example: “We can do anything we want as long as we stick to it long enough.” -- Helen Keller

Your signature:____________________ date:________________

Witness:_________________________ date:________________ (Fitness partner or other friend)