

Personal Fitness Contract
VELOCITY ATHLETICS

Starting a new fitness program can be very challenging. Focusing specifically on what you want to accomplish makes it a bit easier.

You can't just start a new program without any plans of what you want to accomplish. You need a plan of attack. Before jumping into an exercise program you must start your journey by defining your goals.

Ask yourself a simple question before starting - "What is it that I want to accomplish?"

Example: "I want to lose weight and look good in a bathing suit this summer"

After that you can get specific about your goals.

Example: "I want to lose 10 pounds by my vacation on Feb. 20, 2007"

When forming a goal it must meet the following criteria:

1. It Must Be Measurable (pounds, inches, level of energy – means of achievement etc.)
2. It Must Be Specific (focused)
3. It Must Be Realistic (achievable)
4. It Must Include Time Frame (distinct target or completion date)

To get you started on the right foot follow the "Personal Fitness Contract". Print it and fill it out. Keep your contract somewhere accessible so you can review it on a daily basis. Use this plan as a systematic approach to your goals and you will succeed.

As you achieve your goals return to your list and update your progress by setting new ones.

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Overview

The purpose of this contract is to motivate you and help keep you committed to a healthy lifestyle and on track with your goals. The only person you are responsible for is yourself and the only person you have to answer to is you! This is not a traditional contract between two separate parties; it's between YOU and YOURSELF. Stay true to yourself and use these tool and success will come!

Goals and Objectives

It's important to put your goals in writing. Written goals are a tangible sign of a promise that you intend to keep to yourself. Clearly defining and writing down your fitness goals is proven to increase your likelihood of achievement and get you to your goals way faster!

Select **1 major goal** for each of the following categories that you will be working towards as well as **3 separate objectives** for each goal. Once you choose your goal you can determine a specific deadline date for you to complete your goal by.

Category	Goal	Purpose	Objective	Date
Fitness			1.	
			2.	
			3.	
Nutrition			1.	
			2.	
			3.	

Understanding the Specifics

Goal: What do you want to achieve?

Purpose: Why do you want to achieve your goal?

Objective: How will you achieve your goal?

Date: When will you achieve your goal by?

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3 Things you would like to STOP that you are currently doing (3 unhealthy lifestyle habits)

1.
2.
3.

3 Things you would like to START doing now (3 healthy lifestyle habits)

1.
2.
3.

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1 Member of my social network that I can turn to for support

Name:

When I reach my goals I will reward myself in the following ways

Category	Goal	Date	Reward
Fitness			
Nutrition			
Wellness			

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1. I will commit to a healthy lifestyle and make healthy choices to the best of my ability.
2. I will commit to exercising _____ times per week for a minimum of _____ minutes/session
3. I will make the necessary changes in my lifestyle to compliment my new fitness, nutrition and wellness plan
4. I will commit to checking in with _____ (designated social support group member) at least _____ times/week
5. I will stay motivated, committed and positive about the changes in my lifestyle.
6. I believe that my health and fitness goals are realistic and that I can achieve them.

I promise to satisfy the above necessary commitments to help myself reach my health and fitness goals.

Name

Signature

Date

Witness Name

Witness Signature

Date

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