

Date 7/26/2007

My Personal Contract

I, Cindy Posey, will improve my dietary and physical habits. My responsibilities are to make exercise and healthy food choices a priority.

My Short Term Goals (one to four weeks)

1. Nutrition: 8 glasses of water and a multi-vitamin daily.
2. Cardio/Strength: Run/walk a 5K. 2 strength training routines a week.
3. Body/Flex: 1 lb weekly loss. Measure current flexibility.

The Reward for achieving my Short Term Goals is to treat myself to a pedicure.

My Mid Term Goals (1 Month-6 month)

1. Nutrition: 5 veggies and fruits a day.
2. Cardio/Strength: Run/walk a 10K. 3 strength training routines a week.
3. Body/Flex: Achieve 30% body fat. Incorporate yoga or pilates exercises into routine.

The Reward for achieving my Mid Term Goals is to enjoy a one night retreat at a local hotel to read a novel or write to my hearts content!

My Long Term Goal (6 months to a Year)

1. Nutrition: Achieve daily fiber requirements in diet.
2. Cardio/Strength: Run/walk Music City Marathon in April '08.
3. Body/Flex: 22% Body fat (~50 lb loss). 2 to 3 stretch workouts a week.

The Reward for achieving my Long Term Goals is to get a full body massage and go shopping alone for a new outfit for my after shot pictures!!!

I promise to abide by this contract to the best of my abilities.

Cindy

Sign Here!!!