

Date _____

My Personal Contract

I, _____, will improve my dietary and physical habits. My responsibilities are to _____.

My Short Term Goals (one to four weeks)

- 1.
- 2.
- 3.

The Reward for achieving my Short Term Goals is

My Mid Term Goals (1 Month-6 month)

- 1.
- 2.
- 3.

The Reward for achieving my Mid Term Goals is

My Long Term Goal (6 months to a Year)

- 1.
- 2.
- 3.

The Reward for achieving my Long Term Goals is

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

Sign Here!!!

*****A Fitness Tool provided as a courtesy by GoWorkoutMom.com.*****