



## LIFESTYLE CHANGE CONTRACT

1. My health and fitness goal is: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. To achieve my health and fitness goal, I need to change the following: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. I am willing to do the following to make it happen: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

4. Others will know about the change I am making when: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. I might sabotage my goal by: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. Therefore, my contract with myself is: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

7. To reward myself each week wherein I meet my health and fitness goal, I will (specify):

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Witness

**NOTE:** *Fit, 50 & Fabulous* and its agents assume no liability for persons who undertake exercise. If in doubt, consult your physician before beginning any physical activity program. Thank you.

**SOURCE:** *CSEP* (Adaptation)