



Name \_\_\_\_\_ Date \_\_\_\_\_  
Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Personal Fitness Program Contract and Short-Term Fitness Goals

I, \_\_\_\_\_ (signature), am making a commitment to follow my personal fitness plan and achieve my established short-term goals.

My program will begin on \_\_\_\_\_ (date).

My short-term goals:

- a. Performance goals: \_\_\_\_\_
- b. Body composition goals: \_\_\_\_\_
- c. Adherence goals: \_\_\_\_\_

Upon achievement of my goals, I will reward myself as follows:

- a. \_\_\_\_\_ (goal #1) \_\_\_\_\_ (date) \_\_\_\_\_ (reward)
- b. \_\_\_\_\_ (goal #2) \_\_\_\_\_ (date) \_\_\_\_\_ (reward)
- c. \_\_\_\_\_ (goal #3) \_\_\_\_\_ (date) \_\_\_\_\_ (reward)