

LABORATORY 7.2



Complete Lab 7.2 online at
www.pearsonhighered.com/powers.

Name _____ Date _____
Instructor _____ Section _____

Personal Fitness Program Contract and Intermediate/Long-Term Fitness Goals

I, _____ (signature), am making a commitment to follow my personal fitness plan and achieve my established intermediate and long-term goals.

My intermediate-term goals:

- a. Performance goals: _____
- b. Body composition goals: _____
- c. Adherence goals: _____

My long-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)

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.