

# Exercise Workout Contract

A plan to help keep you accountable to your workouts – Working out isn't a journey by yourself – team up with others and make it happen.

**It is much more difficult to fail when you have someone else pulling for you too!**

So fill it out and find someone to help hold you to it.

I, \_\_\_\_\_, enter into this contract with \_\_\_\_\_ on this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_ to help improve my health and foster a lifetime of healthy choices. With the help of my accountability partner, I plan to develop a habit of working out and eating healthy.

My responsibilities include the following things that I will do: (answer the question of what you will do, such as walk 2 miles 3x per week or eat fast food only once per month – make it as specific as possible)

- 1.
- 2.
- 3.

As a reward for holding up my end of this contract . . . (create a reward for yourself that your accountability partner can provide you, such as take you out to eat or treat you to a movie)

- 1.

The responsibilities of my accountability partner include: (what will your accountability partner do to help you accomplish your goal, such as call you everyday to remind you or walk with you)

- 1.
- 2.

If I do not hold up my end of the contract, my consequences will include: (this could be something that you do for your accountability partner, such as take them out to dinner or pay a fine to them)

- 1.

Signed by me:

Date:

Signed by my accountability partner:

Date:

Remember fitness tips, nutrition information & much more is available at [www.Tri4Fitness.Net](http://www.Tri4Fitness.Net)