

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