

## Exercise Contract

Member name \_\_\_\_\_

Member contact no. (W) \_\_\_\_\_ (H) \_\_\_\_\_ (C) \_\_\_\_\_

Fitness motivator \_\_\_\_\_

Motivator contact no. (W) \_\_\_\_\_ (H) \_\_\_\_\_ (C) \_\_\_\_\_

### Goals and Objectives

My main exercise goal is to \_\_\_\_\_

#### To achieve my main goal, I need to do the following:

a. 30-day goal \_\_\_\_\_

b. 60-day goal \_\_\_\_\_

c. 90-day goal \_\_\_\_\_

d. 6-month goal \_\_\_\_\_

#### I commit to do the following:

1. Cardiovascular \_\_\_\_\_

2. Strength training \_\_\_\_\_

3. Nutrition \_\_\_\_\_

4. Flexibility \_\_\_\_\_

**What barriers do you expect might arise to prevent you from achieving your goals and how can we assist in overcoming them?**