

## NICE Personal Fitness/Healthy Lifestyle Contract and Schedule



Name: \_\_\_\_\_

Are you serious about your fitness and healthy lifestyle goals? If yes, let's put it in writing, let's work hard, have fun and always strive for 110%.

*\*Post this contract where you can see it each and every day – it will help you stick to your goals and SUCCEED!!!!!!*

**My Goals:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**My fitness partner:** \_\_\_\_\_

\*Try to involve someone you can have fun and enjoy your new fitness routine with. This will help you stick to your routine.

**Strengths that I already have that will help me accomplish my goals:**

\_\_\_\_\_  
\_\_\_\_\_

**The following might be some obstacles for me to accomplish my goals:**

\_\_\_\_\_  
\_\_\_\_\_

**My level of motivation to achieving my goals:**

0 = not motivated at all

5 = somewhat motivated

10 = extremely motivated

0      1      2      3      4      5      6      7      8      9      10

**My reward for accomplishing my goals:**

\_\_\_\_\_  
\_\_\_\_\_

\*Don't forget to treat yourself. Come up with something that will keep you motivated and make you feel like you are making progress.

**My inspiration:**

\_\_\_\_\_  
\_\_\_\_\_

**Your signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Health Coach:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_

