CONTRACT FOR FITNESS

NAME: _____

Today, I am starting my own fitness program. I'll increase my flexibility by stretching everyday, both before and after vigorous exercise. I 'll exercise at least three times a week, sustaining my training heart rate for 20-30 minutes, uninterrupted each time. I'll do calisthenics or weight training according to my muscular conditioning goals only after I warm up. I'll improve my nutrition by eating more complex carbohydrates and fibers, drinking more water, and reducing my intake of saturated fats, cholesterol, sugars, and salt. I'll learn to control my weight through smart nutrition and exercise, and finally, I'll set aside at least 10 minutes each day to relax and improve how I react to stress.

signature _____ date _____