

## Exercise Contract

I, \_\_\_\_\_, hereby vow to abide by this contract in order to get in shape and improve my lifestyle with the help of my fitness partner, \_\_\_\_\_.

It is my hope to be \_\_\_\_\_ pounds lighter at the end of this \_\_\_\_\_ session, or be able to **{run a marathon.}**

Every day I will do the following aerobic exercises:

- \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_

Every day I will do the following strengthening exercises:

- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Every other day I will do the following aerobic exercises:

- \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_

Every other day I will do the following strengthening exercises:

- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

I will not push myself too hard. I will take care of my body to avoid stress, overexertion or injury.

I, \_\_\_\_\_ agree to help \_\_\_\_\_ by exercising with **{him/her}** on a regular schedule. If \_\_\_\_\_ defaults on the agreement, **{he/she}** agrees to \_\_\_\_\_.

\_\_\_\_\_  
Signature & Date

\_\_\_\_\_  
Fitness Partner Signature & Date