RM 7–FM: Physical Activity Contract

I believe that routine physical activity and exercise may benefit me physically, mentally, socially, and emotionally.

I, ____________________________________________, DO HEREBY PLEDGE TO THE FOLLOWING GOALS:

Specific and Realistic Goal #1 By When? __________

Tasks to Accomplish Goal #1

Specific and Realistic Goal #2 By When? __________

Tasks to Accomplish Goal #2

Specific and Realistic Goal #3 By When? __________

Tasks to Accomplish Goal #3

PLEDGED BY __________________ (student) THIS ____ DAY OF ____ (day) ____ (month), ____ (year)