

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

PLEGGED BY _____
(student)

THIS _____ DAY OF _____, _____
(day) (month) (year)

* Source: Doyle, J. Andrew. "Exercise Adherence." *The Exercise and Physical Fitness Page*. <<http://www2.gsu.edu/~wwwfit/adherence.html>>. © Board of Regents of the University System of Georgia by Georgia State University (1999). Adapted with permission.