

## My Self Contract

My physical activity goal is:

---

---

My healthy eating goal is:

---

---

What I am willing to do to achieve my goals:

---

---

I will know I have achieved my goals when:

---

---

I will reward myself when I achieve my goals by:

---

---

My maintenance plan is (variety, trying new things, etc.):

---

---

Check up dates for evaluation of goals (suggested check-in once a month):

---

Therefore, my contract to myself is:

---

---

---

Signature

