

## Personal Physical Fitness Contract

I (Name) \_\_\_\_\_ will accomplish as many of the following goals as possible.

My Personal Physical Fitness Goals are:

### **SPECIFIC**

1. What areas of physical fitness do I need to improve upon?
2. What specifically are you going to work to achieve?

### **MEASURABLE**

3. **Frequency** – How often will you exercise in a week?
4. **Intensity** - My Training Heart Rate Zone is \_\_\_\_\_ to \_\_\_\_\_
5. **Time** – How long will you work out at each work out?
6. **Type** – List the types of workouts that you will practice in order to accomplish your goals.

### **ATTAINABLE**

7. **Self-Assessment** - How do you know this goal is achievable?
8. What are your actual scores and what are you supposed to be able to do for your age?

### **REALISTIC**

9. How will you test yourself?

### **TIMELY**

10. When will you accomplish these goals?

What are your reasons for working on these goals?

What are some barriers that will have to be overcome in order to achieve these goals?

What are your personal values that will assist you with achieving these goals?

What resources can you use or who will assist you with your goals?

What actions are you going to take in order to achieve these goals?

How can you use your notebook to assist you with your goals?

After 2 weeks, I will evaluate and adjust my SMART Goals.

**Signed (Name)** \_\_\_\_\_

Date \_\_\_\_\_ 2 week deadline date \_\_\_\_\_