

Sample Contract

From (date): January 7, 2024 To: February 19, 2024

I, Pat Walker plan to walk

3 days a week

for 30 minutes a day or \_\_\_\_\_ (distance),

broken into 2 15-minute sessions.

I plan to walk first thing in the morning and after dinner

(time of day, e.g., at lunch, after dinner).

I will spend 3 to 5 minutes warming up and

4 to 5 minutes doing warm-up stretches

and 3 to 5 minutes cooling down and

7 to 9 minutes doing cool-down stretches.

When I get halfway through this program (week 3), my reward to myself will be:

Dinner at the new neighborhood restaurant with friends

When I complete this program, my reward to myself will be:

A new backpack

Signature: Pat Walker

Contract

From (date): \_\_\_\_\_ To: \_\_\_\_\_

I, \_\_\_\_\_ plan to walk

\_\_\_\_\_ days a week

for \_\_\_\_\_ minutes a day or \_\_\_\_\_ (distance),

broken into \_\_\_\_\_ sessions.

I plan to walk \_\_\_\_\_

(time of day, e.g., at lunch, after dinner).

I will spend 3 to 5 minutes warming up and

4 to 5 minutes doing warm-up stretches

and 3 to 5 minutes cooling down and

7 to 9 minutes doing cool-down stretches.

When I get halfway through this program (week 3), my reward to myself will be:

When I complete this program, my reward to myself will be:

Signature: \_\_\_\_\_