



TEXERCISE PERSONAL CONTRACT

I resolve to become more active and/or make healthier choices about what I eat.

By signing this contract, I (check all that apply):

Promise to engage in more activities that require physical effort, or spend more time in activities that require physical effort;

Promise to eat a more balanced diet; and/or

Promise to take advantage of Texercise resources (e.g., daily fitness logs, pedometers and handbooks) that may be helpful to me.

I will keep track of the time I spend in activity, steps I take, and/or foods I eat to help me monitor my progress.

My goals are to: (check all that apply):

Spend more time in physical activity

Feel better

Eat a healthier diet

Other (specify) _____

Lose weight

Today, my:

- ✓ Height is _____
- ✓ Weight is _____
- ✓ Body mass index is _____
- ✓ Resting heart rate is _____

In three months, I want my:

Weight to be*: _____

Body mass index to be: _____

My age is: _____

My gender is: (circle one) male / female

My race is: (circle one) American Indian or Alaskan Native / Asian or Pacific Islander / Black / White / Two or more races / Other (specify) _____

Print Name _____

Signature _____ **Date** _____

* Weight loss of more than two pounds per week is not realistic—or healthy, in many cases.