

## The Tumblr Gym Life Changing Contract

Before determining your goal make sure that it is a realistic goal for the amount of time you are giving yourself to complete it. (Note: if your goal is to lose weight an average weekly weight loss is 1-2 lbs)

I \_\_\_\_\_ agree to \_\_\_\_\_. I will begin on \_\_\_\_\_ and plan to reach my goal of \_\_\_\_\_ by \_\_\_\_\_.

In order to make my goals more attainable and to track my progress I have devised a list of short-term goals. As well as rewards for the successful completion of my short-term goals.

\_\_\_\_\_ (short term goal 1)      \_\_\_\_\_ (target date)      \_\_\_\_\_ (reward)

\_\_\_\_\_ (short term goal 2)      \_\_\_\_\_ (target date)      \_\_\_\_\_ (reward)

\_\_\_\_\_ (short term goal 3)      \_\_\_\_\_ (target date)      \_\_\_\_\_ (reward)

I have identified possible challenges to my fitness goal which could stand in the way of the change I want in my life. As well as solutions to these challenges which can help me stick to my goal.

\_\_\_\_\_ (challenge 1)      \_\_\_\_\_ (strategy 1)

\_\_\_\_\_ (challenge 2)      \_\_\_\_\_ (strategy 2)

\_\_\_\_\_ (challenge 3)      \_\_\_\_\_ (strategy 3)

By signing this contract, I have made a commitment to changing my behavior. I commit to treating every day like it is a new day. The results of the day before will not determine how I approach the next day. I will find an accountability partner who will support my goal and I will turn when I'm feeling weak.

My accountability partner will be \_\_\_\_\_ and will act as witness to this contract.  
(witness name)

\_\_\_\_\_ (your signature)      \_\_\_\_\_ (date)      \_\_\_\_\_ (witness signature)