

EXERCISE CONTRACT

To begin my healthy lifestyle, I, _____, commit to begin _____ (type of exercise) for _____ minutes on: _____ Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____ Sat. _____ Sun.

I plan to do my exercise in the following location: _____.

(alternate location, if weather interferes: _____)

My Goal - Total Minutes Per Exercise Session

Week 1: _____ min. Week 4: _____ min.

Week 2: _____ min. Week 5: _____ min.

Week 3: _____ min. Week 6: _____ min.



Signature

(502) 574-6663
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Date