



Habit Contract to Establish a Regular Exercise Routine

This contract is a commitment to improve my health, well-being, and quality of life by integrating regular exercise into my lifestyle.

 Contracting Party: Name: _____

 Start Date: Date: _____

 Reasons to Establish a Regular Exercise Routine: _____

 Goals:

1. Exercise for ____ minutes/hours ____ times per week by (specific date): _____
2. Incorporate ____ types of exercise activities per week by (specific date): _____

 Action Steps: Initial Steps:

a. Identify preferred types of exercise: _____

b. Schedule regular exercise times: _____

c. Set up a support system: _____

Daily/Weekly Tasks: a. _____

b. _____

Rewards for Achieving Goals: a. _____


b. _____

 Rewards: Short Term Reward for First Week: _____

Mid Term Reward for First Month: _____

Long Term Reward for Six Months: _____

 Consequences for Non-Compliance: _____

 Support Partner Details: Name: _____
Relationship: _____

Contact Information: _____


Role of Support Partner:

To provide encouragement and support. To help maintain accountability towards the set goals. To offer understanding and motivation during challenging times. To celebrate milestones and achievements in the journey to establish a regular exercise routine.

 **Review Dates:** First Review: [Insert Date] _____

Second Review: [Insert Date] _____

Final Review: [Insert Date] _____ During each review, progress will be assessed, challenges will be addressed, and adjustments to the action steps, if necessary, will be made.

 **Acknowledgement and Commitment:** I, [Name] _____, understand the immense benefits of regular exercise on my health and well-being and am making a committed decision to establish a regular exercise routine. I will actively pursue the action steps listed above and will seek support as needed.

Signature of Contracting Party: _____

I, [Support Partner's Name] _____, commit to supporting [Name] _____ in their journey to establish a regular exercise routine. I will offer encouragement, understanding, and accountability to help them achieve their goal.

Signature of Support Partner: _____

Date of Signing: _____