

Name _____ Section _____ Date _____



WELLNESS WORKSHEET 74

Personal Fitness Program Plan and Contract

A. I, _____, am contracting with myself to follow a physical fitness
(name)

program to work toward the following goals:

1. _____
2. _____
3. _____
4. _____
5. _____

B. My program plan is as follows:

Activities	Components (Check ✓)					Frequency (Check ✓)							Intensity	Time
	CRE	MS	ME	F	BC	M	Tu	W	Th	F	Sa	Su		

C. My program will begin on _____. My program includes the following schedule of
(date)

minigoals. For each step in my program, I will give myself the reward listed.

(minigoal 1)	(date)	(reward)
(minigoal 2)	(date)	(reward)
(minigoal 3)	(date)	(reward)

D. My program will include the addition of physical activity to my daily routine (such as walking to class):

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

(over)

WELLNESS WORKSHEET 74 — continued

E. I will use the following tools to monitor my program and my progress toward my goals:

(list any charts, graphs, or journals you plan to use)

I sign this contract as an indication of my personal commitment to reach my goal.

(your signature) _____ (date) _____

I have recruited a helper who will witness my contract and _____

(list any way your helper will participate in your program)

(witness's signature) _____ (date) _____

INTERNET ACTIVITY

Use a search engine to locate Web sites that relate to the cardiorespiratory endurance activity you've chosen for your fitness program.

How many total sites did the search engine locate relating to your activity? _____

Find at least two helpful sites and provide a brief description of each. Look for information that will help you safely enjoy the activity you've chosen.

Activity: _____

Site 1 (URL): _____

Description:

Site 2 (URL): _____

Description:

About how many sites did you have to visit before locating two useful ones? _____

Describe the overall list of sites. Were they mostly commercial, sponsored by people or businesses selling products related to the activity, or were there many sites sponsored by individuals and organizations?