

“Step-It-Up” Fitness Challenge

Personal Contract

I, _____ hereby commit to 8 weeks of regular vigorous exercise- that’s five workouts a week- and to practice self-control when it comes to eating. I will be determined to challenge my abilities in the pursuit of elevating my physical performance.

I will end my consumption of all food three hours prior to going bed. I will strive to be conscious of when and why I eat and will, and to the best of my ability, eat for the sole purpose of satisfy my nutritional needs as opposed to my emotional needs. I will also do my best to make more healthful food choices.

I am fully aware that this contract is solely with me and it carries no rewards, penalties, or punishments other than those associated with the reflection of the strength of my character.

Signature

Date

Brought to you by the Fayetteville State University Employee Wellness Committee

<http://www.uncfsu.edu/humres/WorksiteWellness.htm>