

FORM 2.1 Self-Contract

1. My physical activity goal is _____

2. To achieve my goal, I need to change the following:

3. I am willing to do the following to make it happen:

4. Others will know about the change I am making when _____

5. I might sabotage my plan by _____

6. Therefore, my contract to myself is _____

7. Checkup dates:

Signed:

Client

Appraiser