

Walk with Ease Walking Contract

It is important to hold yourself accountable during this process, if you want another tool for keeping yourself committed fill out this contract to ensure you are holding yourself accountable throughout the 6 week program!



Contract

From (date): _____ To: _____

I, _____

plan to walk

_____ days a week

for _____ minutes a day or _____ (distance),

broken into _____ sessions.

I plan to walk _____

(time of day, e.g., at lunch, after dinner).

I will spend 3 to 5 minutes warming up and
4 to 5 minutes doing warm-up stretches
and 3 to 5 minutes cooling down and
7 to 9 minutes doing cool-down stretches.

When I get halfway through this program (week 3), my reward to myself will be:

When I complete this program, my reward to myself will be:

Signature: _____