

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: _____

For more information about *Walk with Ease*, go to www.letsmovetogether.org.

Sample Contract

From (date): January 7, 2008 To: February 19, 2008

I, Pat Walker plan to walk

3 days a week

for 30 minutes a day or _____ (distance),

broken into 2 15-minute sessions.

I plan to walk first thing in the morning and after dinner

(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:

Dinner at the new vegetarian restaurant with friends

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

A new backpack

Signature: Pat Walker