



Exercise Contract

Whereas it is established that routine exercise may benefit me physically, mentally and emotionally,

I, _____, DO
HEARBY PLEDGE TO DO THE FOLLOWING GOAL:

Specific and realistic physical fitness goal _____

By When? _____

Tasks to accomplish goal

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

Challenger's Signature _____

Date _____

Supporter's Signature _____

Date _____

This material was funded by USDA's Food Stamp Program.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

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