



“BACK AWAY FROM THE SOFA!”



Personal Fitness Contract YMCA OF GREATER LOUISVILLE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Give yourself the gift of better health, increased energy, better sleep, and more confidence by committing to at least 21 days of planned activity. The Physical Activity Guidelines for Americans recommend the following minimums each week:

150 minutes of moderate intensity aerobic activity

OR

75 minutes of vigorous intensity aerobic physical activity

OR

An equivalent combination of moderate & vigorous aerobic activity

AND

Muscle strengthening activities 2 or more days a week

PLAN YOUR ACTIVITY BELOW:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

What I expect to get out of my Y membership:

My long-term goal (1 year from now) is as follows:

My three short-term goals to help me reach my long-term goal are as follows:

1 Week Goal: _____

1 Month Goal: _____

6 Month Goal: _____

