



# Crews Into Shape Contract



I, \_\_\_\_\_ (crew member name), hereby declare that in support of \_\_\_\_\_ (crew name), I choose to participate and have committed myself to this 4-week challenge.

My exercise & nutrition goal is: to exercise moderately for 150 minutes OR vigorously for 75 minutes AND perform 2 sessions of muscle-strengthening exercises per week, eat at least 2 cups of fruits & 3 cups of vegetables daily, and participate as a supportive crew member.

My short-term (4 week) weight goal is: \_\_\_\_\_.

*Note:* short-term weight loss goals should not be greater than 8 pounds during the 4-week challenge. As a general rule, a healthy short-term weight loss goal for women is between ½-1 pound per week and 1-2 pounds per week for men.

I choose \_\_\_\_\_ as my accountability partner.

My helper's responsibilities are:

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My reward for reaching my goals (not food) is:

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I will review my progress on a weekly basis and will make the appropriate changes based upon my progress.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Partner's signature \_\_\_\_\_ Date \_\_\_\_\_