

Always Changing & Growing Up

Personal Physical Activity Contract

Action Plan

Personal Activity Goal(s):

To Achieve This (These) Goal(s), I Will:

Possible Barriers:

Ideas To Overcome Barriers:

I Want To Accomplish This (These) Goal(s) By: _____

It Is My Intention To Achieve These Goals

Signed

Witness

Date

Need ideas? Check out Canada's Physical Activity Guide online at www.phac-aspc.gc.ca

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