

# Always Changing & Growing Up

## Personal Physical Activity Contract

### Action Plan

Personal Activity Goal(s):

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

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Possible Barriers:

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Ideas To Overcome Barriers:

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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](http://www.phac-aspc.gc.ca)

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