

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

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2022 P&G Always Changing Puberty Education Program