Weekly Personal Goal Contract



Date:	Date:
To reach my goal for this week, I will walk:	To reach my goal for this week, I will walk:
When:	When:
What can I do this week to help me accomplish this goal?	What can I do this week to help me accomplish this goal?
When I achieve this goal, I will reward myself with:	When I achieve this goal, I will reward myself with:
Date:	Date:
	Date: To reach my goal for this week, I will walk:
To reach my goal for this week, I will walk:	To reach my goal for this week, I will walk:
To reach my goal for this week, I will walk: When:	To reach my goal for this week, I will walk: When:
Date: To reach my goal for this week, I will walk: When: Where: With whom:	To reach my goal for this week, I will walk: When: Where:
To reach my goal for this week, I will walk: When: Where:	To reach my goal for this week, I will walk: When: Where: