

Heart-Healthy Firefighter Contract



Name: _____

My Goals for _____ (Year)

Examples: Be able to run 10 miles or lift 100 pounds by December 31; lose 20 pounds; cut back on sugar and salt; eat five servings of vegetables each day

Steps I Need to Take to Achieve These Goals

Questions to ask yourself: Who can I ask for support? How can I make this a healthy habit? How will I change my perspective to a positive outlook?

Measuring Progress

Check back quarterly to see how far you have come. If you miss a few workouts, just start where you left off – do not give up!

Goals

Description	March 31	June 30	September 30	December 31

Results

Goal	March 31	June 30	September 30	December 31

Inspiration

Do you have a friend or loved one who wants to see you healthier? Is there a quote that motivates you?

Your signature: _____ Date: _____

Witness: _____ Date: _____