

# Fitness Partner Contract

---

I \_\_\_\_\_ (signee) take \_\_\_\_\_ (partner) to be my workout partner.

By signing this contract I agree to the following:

- 1) I will show up on time for every workout and, if I can't avoid missing one, I'll let my partner know as soon as possible.
- 2) When we exercise together I will be sure to focus on the training and not overwhelm the session with conversation
- 3) I will train hard to set a good example for my partner.
- 4) I will push my partner to do more than he/she thinks he/she can. It's my job to motivate him/her to maximize his/her potential.
- 5) I will be supportive of my partner and will compliment him/her on his/her gains.
- 6) I won't let my partner get out of a workout easily. I will reject any excuses that are short of an actual emergency or commitment that can't be rescheduled.
- 7) I will attempt ALL exercises, with proper form, to the best of my ability.

If I am unable to fulfill my aforementioned commitments, I agree to... (i.e. put \$5 in my partner's reward jar.)

---

---

---

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

Partner signature: \_\_\_\_\_ Date: \_\_\_\_\_

