

My Commitment

Make a commitment to yourself for your future physical activity plans. Think about where you'd like to be 3 months from now. What kinds of activities would you like to be doing? How often? What barriers would you like to overcome? Use the following space to record your commitment.

I, _____, commit to _____

Post this where you will see it often so that you will be reminded of your pledge to yourself.

Remember: Making a lasting change in your life is something you have to work at, but it can be fun as well as rewarding.