

Dance Central™ Fitness Contract 2014

Name: _____

Goal: _____

Start Date: _____ End Date: _____

I, _____, by signing this contract, am making a promise with myself to spend the next eight weeks focusing on my health and activity. I know that carving time out to dance can be difficult, but I recognize that my health and happiness are worth the effort.

If I accomplish my goal by the end date, I will reward myself with/by _____. If I don't quite reach my goal but at least give it a good effort, I'll allow myself a consolation prize of _____.

If I sign this contract and then don't even try, I will give myself a good scolding and then turn on *Dance Central* and start dancing.

Signed _____ Date _____