

Dance Central™ Fitness Contract 2014

Name: Jessa

Goal: Lose three pounds using Dance Central and better eating, build up dance stamina!

Start Date: 1-1-14 **End Date:** 2-28-14

I, Jessa, 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 a couple of cookies and a new pair of boots (I know what I like!). If I don't quite reach my goal but at least give it a good effort, I'll allow myself a consolation prize of some warm wool socks (not as nice as boots but still nice).

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 JESSA Date December 31 2013