Looking Good,
Feeling Great &
Living Life to the Fullest!

FITNESS CONTRACT

Northwest PERSONAL TRAINING
NWPersonalTraining.com

The purpose of this Fitness contract is to serve as a reminder of the commitment that you have made to yourself. ***You have made one of the best decisions of your life!***

An Optimal Health and Fitness Program includes the following principles:

- Aerobic exercise 3-6 days each week for 20-60 minutes each session at various levels of intensity. Activities like walking, jogging, cycling, swimming, rowing, hiking, stairclimbing, or Group classes will do the trick.
- Resistance training workouts to condition and preserve your muscle mass for a minimum of two times per week. One set of 8-12 reps of a variety of exercises for 20-60 minutes is perfect! Your NWPT Trainer will assure you meet this requirement!
- A balanced diet that includes all macronutrients and is high in fiber content.
- At least 5 servings of vegetables and fruits each day.
- Drink half of your ideal body weight in ounces of water each day. Drink water before and with each meal and snack. Purchase a Jumbo size water bottle to help you stay on track.
- Achieve a fasted state for 13 hours each day. So, for example, if you eat at 7pm, you won't eat again until 8am to allow at least 13 hours for your body to fully rest and recover.
- Plan your meals so that you adhere to a meal timing schedule that works for your body, health and lifestyle.
- Avoid eating anything high in calories 3 hours before bedtime.
- Control portion sizes. If you need more assistance regarding exact caloric requirements, visit our website at https://nwpersonaltraining.com/fitness-tips/. There is a calculator that you can use to more accurately estimate your calorie and protein needs. You will also find various articles that will help you on your journey.
- Eliminate any temptations from your environment (work, home, car) and replace with healthy alternatives.
- Plan to grocery shop at least once per week to stock up on healthy choices and fresh fruits and veggies.
- Maintain a more active daily lifestyle. Move your body as much as you can in addition to your exercise program. The International Journal of Obesity released a statistic that reported we expend an average of 500-800 fewer calories than we did a few decades ago because of our more sedentary lifestyle. At Northwest Personal Training, we believe that all you have to do is start moving more in your life and then you won't have to spend hours in the gym every week!
- Get enough sleep (7-9 hours per night). Sleep is when your body recovers and repairs. If you do not sleep enough, you will not be prepared for each workout session and you will not function optimally.
- Control and manage your stress levels. Identify your stresses. Outline methods that help you to reduce your stress and practice them regularly.
- Complete Activity and Nutrition logs and submit to your trainer every week.
- Regular weigh-ins and monthly measurements help to manage your progress if fat loss is your goal. If you find taking these type of measurements stressful, you can use other techniques such as taking a before/after photo or how your clothes fit. Even better, use strength, fitness and performance assessments to track your progress and assure you're going in the right direction. If you focus on getting fit as your priority, the body composition changes will take care of themselves! Be sure to speak to your trainer to decide on how you would like to monitor progress.

I promise to follow the above prescription to the best of my ability.

DATE:_____ SIGNED:_____