



## Contract for Maximizing Results

Congratulations! You have made a huge commitment to being a healthier and fitter you! Fitness Works has the utmost confidence in you! Below is a general list of effective ways to help you achieve your goals as quickly as possible. It is very important you commit to the suggestions below in order to achieve your goals in a safe, effective and permanent fashion. I know it may seem like a lot, so you can choose to focus on a couple a week or tackle them all at once.

1. Exercise aerobically 5-7 days each week for 20 to 60 minutes each session. You should work at an intensity that gets you breathing and sweating, at a perceived exertion rating of 5 -8 (we'll talk more about that in your Fitness Works Outdoor Sessions). Activities such as walking, jogging, cycling, swimming, rowing, stair climbing or fitness classes are great choices!
2. Condition your muscles with resistance training 2 to 3 times per week. Each Fitness Works Outdoor Session will give you a full body muscle-conditioning workout!
3. Eat 3 balanced meals per day and 2 snacks per day (careful with portions). Try not to let 4 hours pass without refueling your body.
4. Eat 5 servings of vegetables and 3 servings of fruit. The more raw the better!
5. Drink 8 glasses of pure, delicious and refreshing water every day.
6. Limit your intake of alcohol or eliminate it from your diet.
7. Stop eating 3 hours before bedtime.
8. Commit to maintaining a more healthy and active lifestyle.
9. Be sure to get enough sleep. 7 hours of sleep is ideal. More and more studies link inadequate sleep interferes with the body's ability to metabolize fat.
10. Control your stress level. Take 5 deep breaths when you find yourself frazzled!
11. Complete your Success Calendar and Nutrition Journal every day. This is very important! We have provided a template on the other side of this contract. Copy it and use a blank one each day.

I promise to do my best to follow the above prescription. I believe in my ability to commit.

Date: \_\_\_\_\_ Signed: \_\_\_\_\_

Date: \_\_\_\_\_ Witness Signature: \_\_\_\_\_



## Fitness Test

Fitness Works encourages you to measure your success not only based upon how your body looks, but by how it feels and how much stronger you're getting! As you continue to stay active you must continue to challenge yourself and push your body to avoid plateaus. Use the following simple exercises as a way to measure your strength and stamina. Test yourself every 4 weeks to help keep you on track.

Perform the following exercise for 1 minute and count how many times you perform each exercise.

Push Ups \_\_\_\_\_ count  
Pull Ups \_\_\_\_\_ count  
Step Ups \_\_\_\_\_ count

Hold the following exercise for 1 minute.

Plank \_\_\_\_\_ Yes or No  
Wall Sits \_\_\_\_\_ Yes or No

## Calorie Goal

In order to see less fat and more muscle on your body, you must be in a calorie deficit. That means you must burn more than what you are consuming...simple! The healthiest way to lose fat and keep it off is to go at a slow and steady pace. Use the formula below to determine how many calories you should be consuming each day to maintain your current weight. Use your daily **TEE** to create a calorie deficit. By consuming 250 fewer calories than your **TEE** below, you will safely lose approximately a pound per week.

**Basal Metabolic Rate (BMR)** your BMR is what your body burns doing nothing. Your BMR is affected by your gender, age, height, and weight.

**Women's BMR formula (with your values inserted):**

$$655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

**Men's BMR formula (with your values inserted):**

$$66 + (6.3 \times \text{weight in lbs}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

**Exercise Expenditure** represents the number of calories you burn from exercise on an average day. Estimate this number by using a heart rate monitor or referencing websites below

**Total Energy Expenditure (TEE)** is the number of calories you burn in a day.

**BMR + Exercise Expenditure**

[www.dailyburn.com](http://www.dailyburn.com); [www.nutrimirror.com](http://www.nutrimirror.com); [www.calorieking.com](http://www.calorieking.com)



## Nutrition Journal

Your **NJ** is critical to your program. Now that you know how many calories to consume to maintain your body weight, use this number to create a calorie deficit. Each day to reach your goals, it's time to start writing down what you eat. The more you measure your food, count your calories and describe what you've consumed, the more likely you will see results. Print out a page for each day of the week and work on it throughout the day.

Week # \_\_\_\_\_ Day: \_\_\_\_\_ Calorie Goal: \_\_\_\_\_ Calories consumed: \_\_\_\_\_

Breakfast	Mid-Morning Snack	Lunch	Mid-Afternoon Snack	Dinner
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
I had:	I had:	I had:	I had:	I had:
Calories: _____	Calories: _____	Calories: _____	Calories: _____	Calories: _____
Location/ Environment:	Location/ Environment:	Location/ Environment:	Location/ Environment:	Location/ Environment:
Feelings:	Feelings:	Feelings:	Feelings:	Feelings:

- |                                       |     |    |                 |
|---------------------------------------|-----|----|-----------------|
| I drank 8 glasses of water today!     | YES | NO | How many? _____ |
| I ate 5 servings of vegetables today! | YES | NO | How many? _____ |
| I ate 3 servings of fruit today!      | YES | NO | How many? _____ |
| I ate 5 small meals or snacks!        | YES | NO | How many? _____ |
| I stopped eating 3 hours before bed!  | YES | NO |                 |
| I achieved my goals today!            | YES | NO |                 |

Tomorrow's goals will be:

Here's a description of my mood/energy and general psychological state today:

Today, I am grateful for:

I feel successful and accomplished today because:



## Success Calendar

Psychologically it can be challenging to be successful with your workouts week to week. This is why you must have a plan. Use your **SC** to help keep you motivated. Take a few minutes each day to record your planned workouts and reflect on your success. The more you use it, the more committed you'll be and the more likely you'll see results faster. Each day is a new opportunity to learn from your patterns and set yourself up for success! Print this page each week, write down your plan and stick to it.

Week # \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Type of Exercise							
Time of Day							
Intensity							
Were you successful?							
Core Strengthening							

## Core Strengthening Homework

Fitness Works puts a focus on core strength. All movement is initiated in the core and therefore you will move better with a stronger core. A strong core can also help flatten your stomach, reduce (or even eliminate) back pain and improve your posture. Since we don't get to see you every day, we suggest you do 5 minutes of core work on your own. These 5 exercises work your entire core, not just the abdominals in front of your stomach, and represent the 5 different ways your core moves. By performing these exercises daily for one minute each, you will work your core in a balanced way and we know you'll feel a difference! Remember to breathe naturally as you perform these exercises.

1. **Plank** ~ Place elbows on the floor directly under your shoulders. Lift hips and legs off floor and hover suspended on elbow and toes. Come down to your knees for a modification.
2. **Windshield Wiper** ~ lay on your back with your knees lifted at a 90 degree angle over your hips. Extend arms to your sides from your shoulders (like a T) and use arms for leverage. Squeeze knees together and rotate your legs right and left without letting opposite shoulder lift from floor.
3. **Bicycle Crunches** ~ Place hands gently behind your head. Curl your trunk and elbow toward opposite knee while extending the other leg away. Continue to switch.
4. **Superman/woman** ~ Lay on your stomach with arms extended overhead. Draw your belly in and up away from the floor as you reach arms and legs off the floor. Hold several seconds, lower and repeat.
5. **Side-Plank with Side Crunch** ~ Lie on your side and place your elbow under your shoulder. Lift hips and legs off the ground and hover suspended from forearm and knife-edge of foot. Imagine your torso is in a very narrow hallway and try not to lean forward or back. Pulse hips up and down without bringing hips all the way to floor. For a modification lower to your knee.