

Making an Exercise Buddy Agreement

Having an exercise buddy can be a fun way to achieve your goals. Many people say they keep active, even on days when it isn't so easy, because they know someone else is counting on them.

Make a Plan

Making a plan together is a great way to help you both stay on track. You may even want to put your goals in writing in the form of a friendly "pledge" or agreement. You can use the questions on this form, or adapt it to meet your needs. Print out two copies and fill them out together. Then, to make it "official," both of you should sign them and keep a copy.

Review Your Progress

Refer back to your agreement at a set time to see how things are going. Over time, you'll learn more about what really motivates you and how you can help your friend. Update your agreement regularly so that both of you can continue to **Go4Life!**

 **Quick Tip**

Don't forget to build rewards into your plan. For each goal you reach, treat yourself to something special.

VISIT

www.nia.nih.gov/Go4Life

- Get ideas on how to help others be more physically active.
- Print useful tools.
- Order free exercise guides, DVDs, posters, and bookmarks.



Exercise Buddy Agreement

What are two short-term goals you'd both like to achieve during the next month?

Be specific. For example, find out about an exercise class in my area.

1.
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2.
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1.
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2.
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What are two long-term goals you'd both like to achieve in the next 6 months?

For example, by this time next year, I'll be able to walk a mile three times a week.

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1.
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We pledge to support and motivate each other in the following way.

For example, if you stick to your agreement, I'll treat you to coffee or do a household chore for you.

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We agree to check our progress and update our goals in:

For example, in 4 weeks on February 11.

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SIGNATURE

DATE

SIGNATURE

DATE



National Institute on Aging
National Institutes of Health
U.S. Department of Health & Human Services



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