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Health Fitness

CAMP21[®]



Positively Habit Forming

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Commitment to carry into action

Accountable to give an explanation

Motivation something that causes a person to act

Partner one who plays on the same team with another

21 Studies have proven that change occurs within 21 days; it usually requires 21 consecutive days to form positive **habits** in your lifestyle.

Habit - *def.* - a behavior pattern acquired by frequent repetition

“I am dedicated to your health and fitness **commitment**, holding you **accountable** and keeping you **motivated**. Together, we’ll **partner** to complete **21-day** programs, forming positive habits in your lifestyle.”

● **Douglas Fowler**
CAMP**21** Health Fitness Coach

Health Fitness
CAMP21****
Positively Habit Forming

Activity List

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To be successful at CAMP21 Health Fitness, the following activity list needs to be followed for a minimum of 21 consecutive days. For maximum benefit, complete 2 consecutive 21-day programs. The “Premium Plan” enables you to use the first 21-day program to break poor habits and the second 21 days reinforces your new healthy habits.

- **Affirmation:** Write 10 times per day
- **Nutrition:** Stick to a healthful portion size and eat adequate fruits and vegetables
- **Water:** Drink 8 to 9 8-oz. glasses per day
- **Fitness:** Get 30 minutes of aerobic activity such as brisk walking, biking, or swimming
- **Rest:** Sleep 7 to 8 hours per night



Contract

1. I, _____ (print your name) commit to starting my health fitness lifestyle change on _____ (date).
2. I will partner with CAMP21 Health Fitness for _____ to form positive habits in my life.
3. I agree to make sure I am available for my accountability phone call at _____ AM/PM.
4. If I am not available for my accountability phone call, I _____ will make it known by phone or email to my Personal Accountability Coach as to my days activities.
5. I agree to 1) voice mail, or 2) email on Saturday and Sunday giving an explanation of the days activities.
 1. Voice Mail -407-399-8324
 2. Email: www.camp21healthfitness.com/node/21
6. I will practice the CAMP21 Activities to help myself stay the course.
7. I will acknowledge and reward myself for my achievements along the way.

I also commit to achieving three goals for my own personal health fitness. These three goals will be achieved through repetition, persistence, and accountability. I realize that the CAMP21 Health Fitness program is a tool that can help me achieve these goals, forming positive fitness habits in my life.

Here are my specific goals:

SIGNATURE

DATE



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