

My Exercise Contract

A. Goal: (Broad Statement of Change)

My goal is to begin to exercise on a regular basis.

B. Objectives: (Measurable and defined)

Objective #1: I will go to the White Building once a week to use the butterfly, shoulder press, and leg press, among other equipment. (20 minutes per machine / 6 exercises to work the muscles in my arms, shoulders, and leg muscles; Intensity: 70% of Heart Rate Max)

Objective #2: I will use the swimming facilities at the White Building once a week. I will swim using a combination of front crawl and butterfly for an hour. I may also use the basketball pool court, too, for a break from laps. (Intensity: 70% of Heart Rate Max)

Objective #3: I will going running outside on the sidewalk and streets around campus without having to break for a walk once a week. Specifically I will run from my dorm (Atherton) to the Atherton Street, then down Park, around the IM Building, and back. I will try to bring my pulse up to 90% of my target heart rate.

Objective #4: I will visit the White Building once a week to use the treadmills and step machines. I plan to use them for an hour at a time. I will start at a regular heart rate of 120, and increase my heart rate to 190 or so. (Intensity: 90% of Heart Rate max.)

C. Specific Plan for Accomplishing My Objectives

1. I will get a fitness pass for the White Building.
2. I will ask my friends when they are planning on going over to the White Building so we

can go together or set an appointment with them to go.

3. I will put aside time in my agenda purely for exercise.
4. I will avoid procrastination because it will take up time I could use for exercise.

Completion Date: April 2, 2001 to get the pass and confer with friends.

August 10, 2001 to complete the assigned exercise routine.

D. Celebration Plan

I will look good when my family goes on vacation on the beaches on Hawaii at the end of the summer.

Special Considerations: Since I am still on small doses of Accutane, I will have to make sure that my knees do not give out or start to hurt. When I was on higher doses, running caused great pains in my knees.

E. Who will monitor your contract and how often will you meet with them?

My friend Matt will monitor my progress. I will see him daily during the Spring Semester to start the program, and then weekly during the summer.

We agree to meet together 15 times to monitor my progress. If problems are encountered, we will get together sooner.

Ben Eisenberg

(My name)

Matt Hubbard

(Contract Sponsor's Name)

My Exercise Log

<u>Date</u>	<u>Description</u>	<u>Duration</u>	<u>Heart Rate at Peak</u>	<u>Intensity (% Heart Rate Max)</u>
3/28/01	None (Had a Midterm)			
3/29/01	None (Had an all day retreat for work)			
3/30/01	None (Had a dinner dance to attend)			
3/31/01	None			
4/1/01	B Went running around campus (needed to walk a little)	1 hour	170	$170 / 190 = 89.4\%$
4/2/01	None			
4/3/01	None			
4/4/01	B Went lifting at White Building	1 hour	140	$140 / 190 = 73.6\%$
4/5/01	B Went running on treadmill and eclipse machines	1 hour	170	$170 / 190 = 89.4\%$
4/6/01	None			
4/7/01	None			
4/8/01	B Lifted at White with roommate	1 hour	140	$140 / 190 =$

	B Met with Contract Sponsor			73.6%
4/9/01	None (Had a dinner meeting at a professor's house)			
4/10/01	None			
4/11/01	None			
4/12/01	None (Spent all day working at the Quality Expo)			
4/13/01	B Went swimming with 5 friends at the White Building	2 hours	150	150 / 190 = 78.9%
4/14/01	B Went golfing (Walked all over PSU White Course carrying clubs)	4.5 hours	140	140 / 190 = 73.6%
4/15/01	None (Had a dinner meeting at a professor's house)			
4/16/01	B Lifted at White Building	1 hour	150	150 / 190 = 78.9%
	B Running of treadmill at White	1 hour	180	180 / 190 = 94.7%
4/17/01	None			
4/18/01	None			
4/19/01	None (Attended a dance)			
4/20/01	B Swimming at White Building with friend	1 hour	180	180 / 190 = 94.7%

4/21/01	B Jogging around campus	45 mins	180	180 / 190 = 94.7%
4/22/01	None			
4/23/01	B Went running down University Drive and Walnut Spring Park with a friend B Went swimming alone B Met with my Contract Sponsor	1 hour 30 mins	190 170	190 / 190 = 100% 170 / 190 = 89.4%
4/24/01	None			
4/25/01	None			

Evidence of Goal Realization

While I believe I do met the goals of the project, I do not feel like I met any personal goals. Indeed, I did exercise on a regular basis, but because I made to, not because I had the time to. I do want to exercise, but I do not feel that the way I made time to exercise was the best way I could have. Nevertheless, I did start exercising on a regular basis.

I did reach my intensity goal. In many of my exercises I reached or exceeded the % Heart Rate Max that I set for myself. My pulse is still high when I run, but it remains pretty constant when I walk. And while I did not loose substantial weight, I did drop a few pounds, from about 169 to 167, but my goal was not to loose weight. That weight, combined with my height, now places me at the bottom of AAcceptable@on the Body Mass Index, as opposed to the middle-bottom where I was before.

Analysis of Results

I believe I achieved my results only because it was a class requirement. I made time to exercise, not because I felt like it, but because I had to. I do really want to exercise, and when my schedule is cleaner over the summer I expect to start exercising and getting back into shape even more. But all this exercise at the end of the semester was hard to do, given all the work I had to do then.

To improve my results, I could have given up on all work and obligations and solely exercised, or more realistic, I could have cut out all my procrastination and instead procrastinated by exercising. After all, I live only steps from the White Building. And, to make my exercise program more effective, I also could have cleaned up my diet. What good is exercising if I am still eating bad foods? Over the summer while I am still in State College I will try to use the exercise facilities more often, run more frequently, and eat better foods. As I stated in my Exercise Contract, I want this program to run until I treat myself to a Ajob well done@vacation on August 10th.