

FiTOUR® Resolution Accountability Contract

Complete the first two questions prior to meeting with your Trainer for the initial consultation.

What is your Resolution?

What do you see as the ACTION ITEMS toward reaching your goal?

Complete the following items during the initial consultation with your Trainer.

	Action Items	Assess	Contact	Assess	Contact
Goal 1					
Goal 2					
Goal 3					

Action Items = behavioral change necessary to reach goals. Make one small change at a time toward reaching the goal for long term success. Determine the goals, dates of assessment, and times for communication.

Trainer: _____

Client: _____ Date: _____