

# Contract to Burpee Success!

## #50burpees everyday November 2018

I myself,

\_\_\_\_\_

will from today on, \_\_\_\_\_

**COMMIT to doing \_\_\_ (add number) EVERY day until the 16th of December!**



I will focus all my willpower and a few minutes every day to:

- **DO \_\_\_ (add number) of burpees every day**
- **Push through even if I'm tired, don't feel like it or come up with some other excuse.**

By signing and abiding to this contract, I will...

- **Push through and do \_\_\_ (add number) of burpees every single day until the 16th of December 2018!**
- **Prove to myself that I can HOLD MYSELF ACCOUNTABLE**
- **Get in better shape simply by COMMITTING!**
- **Strengthen my SELF DISCIPLINE!**
- **Get one step closer to becoming the best version of myself!**

\_\_\_\_\_  
Signature