## Appendix 7, Agreement

]	[	<insert n<="" th=""><th>ame&gt;</th></insert>	ame>
agree to	explore di	ifferent wo	rkout
routines	for the ne	xt 14 week	s, starting
	< st	tart date>. I	My goal is
to enjoy	working o	ut.	
,	The follow	ing people	serve as
both wit	enesses and	d assistants	to this
experim	ent:		
-			
-			
-			