

# The 2017 Dumbbellhousewife Spartan OCR Fitness Contract.

1- I promise to tackle the obstacle that has been my nemesis.

2-I will increase my speed. It doesn't matter if it is a huge amount, any amount matters.

3-I will make sure to take care of my parasympathetic nervous system.

4-I will run a race in a new location.

5-I will in some way reach out and help someone in the Spartan OCR community. Going beyond saying hi and smiling. I will keep doing that too, I know a smile can change someone's day.

6-I will show up and get the training that I need. No excuses this year.

7-I will get at least 1 person to come race with me.

8-I will be a good example of how spartans live. Healthy living, being nice and helpful, and living brave, strong, and tough.

9-I will not compare my journey to anyone else's journey. My chapter 1 may be another's chapter 20. There is room for everyone to succeed and thrive.

10-I will try something that scares the living crap out of me. I will not let FEAR keep me from being who I am and doing what I want.

Signature: