

Administrative Office of the Courts Employee Physical Fitness Contract

This contract is an agreement between _____ (Employee) and the Administrative Office of the Courts (AOC) to allow me to engage in physical fitness activities during work time in accordance with the AOC policy on Physical Fitness Activity During Work Hours.

I agree to abide by the following schedule of activity for the 90-day period beginning on _____ and ending on _____. I understand that fitness periods may not be accumulated and may not be used for any purpose other than for physical fitness activities.

PHYSICAL FITNESS SCHEDULE

Day	Time	Activity	Location

Should this schedule be altered, modified or should I cease the activities indicated above, I agree to notify my supervisor. Further, I agree to abide by all provisions of the AOC policy on Physical Fitness Activity During Work Hours and I am aware that I am responsible for complying with the terms of this agreement.

Employee's Signature

Date

Supervisor's Signature

Date

Approved Disapproved

Supervisor Comments: _____

Distribution: Original to Personnel File; Copy to Supervisor; Copy to Employee