

My Commitment Contract:

I, _____, am going to start giving my body the perfect love and attention by getting in shape on this day _____.

I would like to do this because:

In the past I haven't been able to do this because:

I will sidestep these obstacles by doing:

My current weight is ____ I would like to be ____ within (how long before your goal weight is accomplished?) _____. I plan to lose ____ lbs a week.

I promise to do my best and stay positive!!!

Signature: _____