

CONTRACT FOR A HEALTHIER LIFE:

I _____ challenge myself to do my best to eat healthy, whole foods every day, to get up and move around more, to make the time to exercise, and to keep a log of my progress. I promise to avoid perfectionism, and instead do the best I can as I practice my new lifestyle habits. By committing to this challenge, I am acknowledging the work, time and effort needed to achieve my goals. I also know that my rewards are improving the quality of my life, as well as sharing this gift of healthy living with my loved ones.

Signature

Date