

Personal Health Commitment

Commit

When you cheat on any diet or exercise routine the only one you cheat is yourself. If you truly want your fitness goals the first thing you need to do is commit. Make the decision right now what is more important to you... your health/they way you look ... or having that chocolate cake. We are not saying that you can't have chocolate cake, but what we are saying is that all things in time. Use that cake as a reward instead of a mainstay. You will be happier with both rewards.

I, _____, commit to the give my health my full attention over the next week. I will exercise. I will plan and follow a diet. I will look for habits that I have developed that are prohibiting me from achieving my fitness goals and I will change/overcome them. In return at the end of this week and I will reward myself with _____. If I fail to keep this commitment with myself I realize that no one will be to blame but myself. I will seek out what took me off my path to health and seek for ways to eliminate that distraction. This I commit, this day, the _____ day of _____, _____.

Signed: _____