



CONTRACT WITH MYSELF TO LIVE MY BEST LIFE

Get on board and make the commitment. Sign the contract—hang it up and glance at it whenever you need that extra bit of motivation. You're on your way to living your Best Life!

I hereby commit to living my Best Life. I will participate in a program of regular exercise, including a minimum of 80 minutes of activity over the course of four days each week. I will focus on challenging my abilities in the pursuit of elevating my physical performance. I will endeavor to be conscious of when I eat, and consistently terminate the consumption of all food two or three hours before bedtime. I will also be aware of why I eat, and will, to the best of my ability, eat primarily to satisfy my nutritional needs as opposed to my emotional needs. I will do my best to make healthful food choices by substituting foods that are nutritionally empty with those that are rich in nutrition.

Furthermore, I realize that this commitment carries no promise of rewards, penalties or punishments other than those associated with the reflection of the strength of my character and of my health.

Signature

Date