

Myself First Contract

I, _____, promise to place myself first for the next 30 days. By putting myself first I am taking care of my emotional, physical and spiritual well being. Loving myself and I have the capacity to love others. Taking care of myself I am taking care of others. Improving my health, I am becoming a role model for others.

During the next 30 days my weight loss goal will be: _____

Losing this weight will:

Decrease risks of: heart attack, stroke, diabetes, aches and pains, cholesterol, blood pressure

Increases: energy, improve sleep, confidence, breathing

Plan of attack will be through:

Fitness (list plan)-

Food (adding or cutting items, how eating habits will change)-

Friends (utilizing your support team)-

My reward upon completion: _____

Not meeting my goal does not mean failure or punishment; any weight lost is my reward.

Start Date: _____

Completion Date: _____

By signing this contract I am making a promise to myself, I am looking out and taking care of me! Follow through with this contract is a reflection of self love and character.

Signed: _____ (date) _____