

SIGN ON THE DOTTED LINE

I want you to sign a contract between you and your health. Your body has had enough. It's tired of the junk food you eat on the fly, of not getting enough exercise, of being treated like your last priority. Now it's time for you to take responsibility so that you can change in the future.

Each of us has our own special challenges, whether it's getting up on time or cooking our own meals or taking time for prayer or reflection. This contract is the place to write down those things that you want to change because the plan that you are now following is not just a diet and exercise regimen, it is a new way of living.

An effective contract clearly outlines the responsibilities of all concerned parties, and the Personal Contract for a New, Healthy Life is no different. Photocopy or download Form 2: Personal Contract for a New, Healthy Life from www.thehollywoodtrainer.com. Place the completed and signed contract form in the Mental/Physical/Spiritual section of your journal as a reminder of your commitment to yourself. If you breach the contract, the only person you hurt is yourself.

PERSONAL CONTRACT FOR A NEW, HEALTHY LIFE

My personal short-term goals (three to twelve weeks) are:

1. _____

2. _____

3. _____

My personal mid- and long-term goals (six months to two years) are:

1. _____

2. _____

3. _____

I believe that I have the strength, power, desire, and commitment to break the following unhealthy habits:

1. _____

2. _____

3. _____

I am committing to form new, healthy habits by completing each and every step in the Hollywood Trainer Weight-Loss Plan so that I can reap the benefits of a healthy mind, body, and soul. At the end of the twenty-one days, I am going to take the valuable information I have learned and create my own personal program to continue my new, healthy life. I love myself and know that without my health I will be unable to help friends, family, and loved ones. I will make time for myself in order to be a stronger person for myself and others. I know that when my mind, body, and soul are healthy, I am able to give back to the universe.

I will commit to the following specific endeavors that have been difficult for me in the past.

1. _____

2. _____

3. _____

Signature

Date