

My Personal Contract

I hereby pledge to:

Follow the “Don’t Weight to Feel Great” Program for eight weeks.

- I will participate in a program of regular physical activity for _____ weeks.
- I will eat healthful foods most of the time.
- I will eat reasonable portion sizes.
- I will eat to satisfy my nutritional requirements rather than my emotional needs.
- I will focus on improving my health and well-being.

Signature: _____

Date: _____

My personal goal for joining this program is:

List at least five reasons why you want to achieve your goal:
