

# 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:

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

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