WEIGHT LOSS *Contract*

WITH MYSELF

My Weight Loss Promise

I,....., promise to do everything I can to reach my health goals for the next 30 days or more. I will stick to my new eating plan, avoid unhealthy foods and document my progress . I will be patient and open to change without putting pressure on myself. I am determined to do this challenge seriously and with full dedication to reach my goal and become a healthier me.

DATE: _____ **SIGNATURE:** _____

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