



Personal Contract

Congratulations! You've made the decision to make a lifestyle change. As with any lifestyle change this will not be easy, but with some support you can do it.

You are making a lifestyle change for someone very important:
You!

Print out your Personal Contract, sign it, and hang it where you will see it every day!

Contract Commitments:

- I will take time each day to remind myself why I started this journey and where I want it to lead. I will keep my personal health goals in sight, from Day 1 and onward.
- I will keep track of my progress in my Physical Activity and Nutrition log every day.
- I will return to the Motiv8 Web page on a weekly basis to receive new tips, tools, and strategies to eat well, get fit, and live life.
- I will do at least one thing each week to change unhealthy habits to healthy ones.

- I will try something new and challenge myself.
- I will not eat on the run or spend all of my free time in front of the television. I will take more time to eat well, get fit, and live life.
- I will stick with my decision to change my lifestyle, despite interruptions in my daily routine. I'll remember that difficulties are, of course, expected with any major life change. But if I should lapse, I can always get myself back on track.

Date: _____

Signature: _____



An initiative by KFL&A Public Health