

Healthy Life Style Challenge Self Contract

I, _____, hereby agree and commit to take the following steps to improve my overall health, life style, reduce stress and help those around me.

1. I will NOT let one small slip-up make me give up. I understand it might take up to 21 days to create a good habit.
2. I will find positive ways to comfort and support myself when I'm having a hard time.
3. When there is a conflict between my healthy habits, I will find a reasonable solution that allows me to do what I need to do for myself.
4. I choose to be in charge of my own decisions and behavior. I will not act as if my cravings or subconscious made me do it.

I sign this contract as an indication of my personal commitment to reach my goal.

(your signature)

(date)

(Email)

(Address)