

A CONTRACT TO YOUR SELF

DATE: _____

I, _____ do hereby commit to _____ weeks of personal discipline with my exercise, and to use self-control when it comes to my eating. This includes approximately one hour of exercise four to five days each week, whereby I am focused on challenging my abilities in the pursuit of elevating my physical wellness. In addition, I will not indulge in any alcoholic beverages during this period regardless of the nature of temptation. I will also terminate my consumption of all food two to three hours before my bedtime. I will endeavor to be conscious of when and why I eat and will, to the best of my ability, simply eat only to satisfy my nutritional needs as opposed to my emotional needs. I will also do my best to make healthful food choices. Furthermore, throughout all my years I recognize that I have rarely, if ever, been able to obtain this level of focus for continuous four or more weeks when physically training for a goal. I also realize that this contract is solely with myself and carries no rewards, penalties or punishments other than those associated with the reflection of the strength of my character.

Witness Myself