

Shape Up Sisters!

Wellness Contract

I, _____
am aware that this contract is a 90-day commitment to begin a journey to good health and well-being. **I agree to seek progress, not perfection.** I understand small changes toward improving my diet and exercise choices can help me reach my goals.

I understand that hunger, deprivation, and lack of physical activity will not help me on the journey to good health and well-being. Choices to exercise my body and nourish it with healthy foods are ones that can lead to a longer and healthier life.

I commit to improving my lifestyle choices with the three goals I have listed below.

My three short-term goals are:

1. _____

2. _____

3. _____

My three reasons for wanting to do this are:

1. _____

2. _____

3. _____

I will check in with myself daily to explore why my goals are important to me.

Signature: _____ Date: _____