

## ***CONTRACT WITH MYSELF***

I hereby pledge to:

- Participate in a program of power walks or stair climbing 5 days per week for a period of \_\_\_\_\_ weeks, beginning on the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_.
  
- Eat healthful foods in reasonable portions. Pick foods from the low portion of the glycemic index.
  
- Eat primarily to satisfy my nutritional needs rather than my emotional needs.

Limit my alcohol intake to one day per week. Limit one glass of wine.

Remove: all white flour, sugar, bread products from my diet.

Eat 3 regular meals per day and one snack. Each meal to consist of protein with green vegetables. Fruit may be added to each meal as long as low glycemic.

Limit restaurant meals as much as possible.

Signature \_\_\_\_\_ Date \_\_\_\_\_