Commitment Contact

I, , commit to:

* Cutting out junk food
* Eating calories a day
* Cutting out sugar
* Cutting out unrefined carbs
* Working out for minutes a day times a week.

[ mark the relevant goals ]

For the next 30 days starting from until .

There will be no excuses for not reaching any of the above goals.

Each time that I do not reach any of the goals then I will pay to [a friend or a charity].

By signing below, you certify that you have read this Commitment Contract, that you know and understand the importance of living a healthier lifestyle and that you are take responsibility to make the necessary changes to do so.

Signed:

Date: