Weight Loss Commitment

I, ______________, hereby promise to lose weight. I’m making this commitment to myself and ______________ to make 2010 the year I lose weight & keep it off!

**Every pound I lose will:**

Improve my energy
Lower my cholesterol
Reduce my blood pressure
Reduce aches and pains
Improve my sleep
Improve my breathing
Decrease my risk of a heart attack
Decrease my risk of a stroke
Help prevent Type 2 Diabetes
Increase my life expectancy

**I recognize the benefits to my health and commit to:**

Burning 3,500 calories a week for a safe weight loss of 1-2 pounds per week.
Cardiovascular exercise (ie: walking, running, dancing, aerobics) 45-60 minutes, four to five times a week.
Making better food choices – increasing my intake of fruits and vegetables and reducing my intake of processed foods.

Signing this contract and making the commitment to lose weight means that I will live a healthier life and be provided the chance to spend more time with ______________.

___________________________
Signature

___________________________
Date