

TRAVELING FIT

FCWCC Weight Loss Challenge
Participant Commitment/Promise



Congratulations! This commitment signifies a promise to yourself to look like your lifestyle. Regain your health. Keep this posted in a place that will help remind you of your challenge goals.

I, _____, promise to reach for my goals by:

- ❖ Checking with my doctor about my overall physical health *
- ❖ Enjoying my commitment to health as a special gift to myself, not a chore
- ❖ Finding ways that motivate me to stick to my goals
- ❖ Taking advantage of the support offered throughout this challenge
- ❖ Focusing food choices on lean protein, fruits, vegetables and ‘good’ fats
- ❖ Exercise at least 10 minutes a day, six days a week, to the best of my ability
- ❖ Learning to make healthy food choices in any situation, including special occasions
- ❖ Giving myself positive feedback every day
- ❖ Logging my weight and measurements regularly
- ❖ Making my overall health and well-being a priority
- ❖ Including my family and friends in my health goals
- ❖ Allowing small treats along the way to minimize cravings
- ❖ Dealing with cravings—when they happen—in healthy ways, like taking a walk or calling a friend
- ❖ Loving and appreciating who I am, no matter what size I am or how much I weigh

Signature

Date

* While the techniques and approaches may have worked for others there is no guarantee they will work for you. Consider your overall health and discuss with your health care physician any questions/concerns before starting this or any weight loss program or challenge. Your initials indicate that you are in good health and release all parties involved with this Fresno County Women’s Chamber of Commerce Weight Loss Challenge of any and all liability.

Initials and date