Weight Loss Contract

Weight Loss Commitment
I, ______________, hereby promise to lose weight and gain a happier, healthier life. I’m making this commitment to myself and ______________ to make right now the time I choose to lose weight & keep it off! I am ready to transform my body and to achieve the incredible lifestyle awaiting me!

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 3500 (or _______) 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