

CONTRACT WITH MYSELF

I hereby pledge to:

- ♣ Participate in a program of regular exercise, eat healthful foods and practice healthy lifestyle habits, beginning on the ____ day of _____, 2009.
- ♣ Hydrate my body for optimal health benefits by drinking 8 or more glasses of water daily.
- ♣ Be Persistent and patient while recognizing my accomplishments and awarding myself.

Signature: _____

Date: _____

Love-Inspiration-Gratitude-Higher Consciousness-Tranquility

<http://www.lightlivingyourbestlife.com>