

Fitness Pledge

I, _____, hereby make a commitment to lose _____ pounds by _____ which is _____ weeks from now.

Each day I will support my success to lose weight by doing the following:

- I will read my Fitness Pledge in the morning and evening.
- I will remind myself why I am taking charge of my health to stay motivated.
- I will look at the picture of the *new me* and feel the exhilaration of having achieved my new healthy body.

My affirmation is:

“Imagination is the servant of the will. I am the picture of health.”

Date: _____

(Sign Here)

(Witness Signature Here)

(Printed Name Here)

(Witness Print Name Here)

REASONS WHY

I am Taking Charge of my Health and Fitness

Check off the reasons why you intend to lose weight that apply to you.
Add any other reason you may have that is not on the list.

Following are the reasons why I am getting fit and intend to be the right weight for my size.

NOTE: When you read the list of reasons that apply to you, say, for example:

“I am losing weight ‘because’ or ‘so that’ ... I no longer have to take Lipitor.”

1. I no longer have to take _____ medication(s).
2. I will be here for my grandchildren because I am healthy and fit instead of fat.
3. My BMI is perfect and I am not in danger of getting Diabetes, Alzheimer’s etc.
4. My HDL level is perfect from exercising.
5. My cholesterol/triglyceride levels are perfect.
6. My knees feel great and don’t hurt anymore because I’ve lost _____ pounds.
7. My back feels great and doesn’t hurt anymore from the excess weight.
8. I look great and feel great.
9. When I look in the mirror (without my clothes) I am proud of what I see.
10. I am proud of how I look and not embarrassed anymore because of my weight.
11. I love wearing clothes I could not or would not dare wear before (i.e. bathing suit, shorts, tight clothing) because I didn’t like how I looked.
12. I am a model of good health for my children.

Add more reasons here: I am losing weight **so that...**

15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____