



## PERSONAL COMMITMENT

It is common for people to start out on a weight loss program with great desire and enthusiasm only to have that desire and enthusiasm fade before desired goals have been met. At Wellness First, we believe that stating one's desires and intentions in writing can help an individual stick to a program and see their intentions come to fruition. In essence you are signing a contract with yourself to make the changes that are necessary for you to attain your desired goals.

Please thoughtfully read and answer the following questions. Take the time to visualize and clearly state your desires and intentions.

Why do you want to lose weight? List 5 reasons.

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How important is it to you? Are you willing to make lifestyle changes to achieve your goals?

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If you have tried to lose weight in the past and failed, what will you do differently in order to succeed?

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What will your life look like when you accomplish your goals?

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I certify that I have carefully read and thoroughly answered the above questions. I am committed to achieving my weight loss goals and will make the lifestyle changes necessary to do so.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_