

I, _____, agree that, for the next 12 weeks, I will:

1. Give health and weight management a top priority, and be willing to let my needs take precedence over the needs of others when it is possible and appropriate to do so.
2. Endeavor to get those who influence my eating or exercise behavior to support my weight management efforts.
3. Undertake a serious exercise program appropriate to my abilities, or, if already involved in exercise, assess my present level of effort with an eye to increasing it, if appropriate.
4. Do my best to choose food because it contributes to my health, and eat moderately, rather than being overly restrictive or indulgent.
5. Notice how often I create emotional upset by the point of view I chose to take on the situations that occur in my life.
6. Keep an open mind in attempting to find solutions to problems.
7. Take responsibility for the lifestyle changes I need to make.
8. Avoid thinking negatively as much as possible and focus on what I AM doing that is healthy by acknowledging my small daily successes.
9. Get one or more people to be my "support person(s)" for these 12 weeks and make contact with them at least once a week.
10. Make serious efforts to keep up with the readings for each week and complete the "what to do for next week" goals.
11. Attend my weekly meetings AND exercise sessions and arrive on time.

Signed: _____ Date: _____

Witnessed: _____ Date: _____