

APPENDIX A

MY HD CONTRACT

to Live Decisively to Improve My Health and My Body

(ALSO AVAILABLE AT DECISIONNUTRITION.COM)

What is it that you want from your HD experience? Write down what you desire to achieve. Not the weight loss per se, but the life changes you anticipate as a result. What are your ultimate goals?

Write down affirmatively what it will feel like when you have achieved all of your goals. Be specific and write in the present tense. Remember: Your written words are a powerful tool to help strengthen your intentions and turn your thoughts into reality.

What daily decisions can you start making to achieve your goals? Think about the daily habits that are hindering your weight loss. Decide now how you can replace them with new ones. This is just a start to increase your awareness of your own habits.

1.

2.

3.

I, _____, understand that my decisions up to this point
(name)
 have interfered with me attaining the goals I want for myself and I am ready
 to change my life.

Initial these:

- I will read over my goals and my decisions daily.
- I will make the changes necessary to achieve all my health and body
 aspirations.
- I will be honest with myself about the decisions I make.
- I will log my food choices every day.

I am ready to make this commitment to myself starting today _____
(today's date)
 and on _____ weigh _____
(pick a date 12 weeks from today)

It is done.

Signature

Date