

# Inspired Fit Strong Contract

Dear me,

They say that it is our last year on Earth. I don't believe it. I think it is the year of new opportunities, the year to make a change and take our life where we want it to be! That is why I decided to tell you I am sorry for the way I treated you over the years. I want to make a commitment and return you the favor, by spending this year, and the years after as a healthy and fit person. A person who loves himself, cares about his body and well being! I am tired of being sick, exhausted and depressed! I want the rest of my life to be better! That is why I want to state my words in this contract! I want to sign this contract, that will help me stay on track. A contract that will remind me of my goals, my priorities and mostly remind me that my body is my home and I should take better care of it!

I promise that in 2012 I will commit myself to:

I will commit to working out at least 4 times a week!

I will commit to start eating real, healthy food TODAY!

I will commit to not making any excuses, and finding only solutions!

I will commit to my goals, and I won't postpone them for later (remember it could be our last year!)

I will commit to taking at least 30 minutes walk on a rest day!

I will commit to going earlier to bed and getting more sleep!

I will commit to listening to my body's signals and respond to them appropriately!

I ..... agree that I will become the healthiest and fittest I've ever been! I agree that I will give my best to stick to the commitment and spend the rest of my life as a happy, energetic and healthy person! I agree that I will start loving myself and I will return the favor to my body, for putting up with all the crap I was fueling it with



Inspiredfitstrong.com  
Ines Subashka