

# PLEDGE FOR A HEALTHY LIFESTYLE

## ON THIS DAY AND EVERY DAY I MAKE A PLEDGE TO MYSELF, MY FAMILY AND MY FRIENDS.

1. I will be kind to myself and understand my limits and my strengths.
2. I will not “diet”, but will understand that eating healthy is a way of life.
3. I will drink more water and enjoy its benefits to my body and my health.
4. I will eat according to my weight loss plan and not stray.
5. I will not beat myself up if I should occasionally slip up.
6. I will find a way to become active today, whether it is through exercise or daily activities.
7. I will reward myself today for my determination and my willpower, for I am strong and can do anything I put my mind to.
8. I will do my best to support others who are also working hard on their program.
9. I will ask for help when I find I am struggling and know that this is a sign of strength, not failure.
10. I will celebrate the body I have and know that I can be healthy and fit at any shape or age.
11. I will enjoy my program, have fun, and live, love and laugh every day.

## MY PERSONAL GOALS

- » I will lose \_\_\_\_\_ pounds!
- » I will shrink \_\_\_\_\_ sizes!
- » I will take control of my \_\_\_\_\_! (diabetes, cholesterol, etc)
- » I will feel \_\_\_\_\_! (more energetic, sexier, happier, more alive, etc)

CONGRATULATIONS FROM DR. KUSHNER  
AND THE DIET.COM TEAM!