



Sign a contract TO STAY ON TRACK

I'm making a promise to myself to do better.

Use this area to set some simple goals you can achieve next week.

Then print it out and sign on the bottom. Good luck. You can do it!

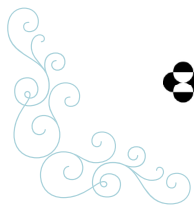
Next week I will:

- 1
- 2
- 3
- 4
- 5

At the end of the week, when I have accomplished my goals,
I will reward myself with:

X

(I, the above-signed, have a contract with myself to accomplish this list! I know I can do it.)





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Next week I will:

- 1 *walk 1 mile*
- 2 *Eat vegetables or salad with lunch and dinner*
- 3 *Avoid sugary snacks*
- 4
- 5

EXAMPLE

At the end of the week, when I have accomplished my goals, I will reward myself with:

Dinner at my favorite restaurant

X

(I, the above-signed, have a contract with myself to accomplish this list! I know I can do it.)

