



My commitment:

Signature

I'm disgusted by:

Improving this will:

Ways I can shape the environment for success:

1. _____
2. _____
3. _____

How will I positively respond to adversity?

Daily calories I need to maintain weight: _____ Caloric deficit I need to achieve goal: _____

Daily calories I need to lose weight: _____ Daily ounces of water I need to consume: _____

Proteins	Carbohydrates	Fats	Fruits	Vegetables
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

My top 3 breakfasts would include the following:

1. _____
2. _____
3. _____

Nutrient timing (list the times you will be eating on your regular days):

_____ am/pm _____ am/pm _____ am/pm _____ am/pm _____ am/pm

Exercise:

Type: _____ Where: _____ When: _____ How often: _____

**schedule this into your planner or on your phone*

Biomarkers

Weight Before	Weight After	Girth Before	Girth After
_____	_____	_____ Chest	_____ Chest
_____ Body Composition Before	_____ Body Composition After	_____ Waist	_____ Waist
		_____ Hips	_____ Hips
		_____ Thigh (R)	_____ Thigh (R)

What is your support system? Public or private?

What is your method of accountability?