

Nutrition Challenge Commitment Form

I, _____ know if I make fitness and nutrition a priority, great things will happen for my family and me. Because I will never again be as young as I am today, I refuse to make excuses and will commit to this 8 week challenge.

I promise myself that:

“I WILL DRINK WATER EVERYDAY”

“I WILL EAT FRUITS AND VEGETABLES EVERYDAY”

“I WILL EXERCISE AT LEAST THREE DAYS EVERY WEEK”

“I WILL COMPLETE ALL WEEKLY NUTRITION CHALLENGES”



Name _____ Signature _____ Date _____

Witness Signature _____ Date _____