

Dumbbellhousewife Fitness Contract

1-I will forget everything that I know and have thought about fitness and start figuring out what works for me and my body.

2-I will love myself more this year than last.

3-I will change my relationship with food. Food is not the enemy. It can be my best friend.

4-I will change my thinking. I realize that everything starts in my mind.

5-I will only think good things about myself and others.

6-I will try new things and get outside my comfort zone.

7-I will eat clean so that my body is running at 110%.

8-I will incorporate weights into my workouts. If I don't know how to use them, I will learn.

9-I will not get caught up by a number on a scale.

10-I will make every workout a challenge and push a little harder.

11-I will be stronger, more passionate, more determined

and more hungry in everything I do.

12-I will do more things for my myself that will contribute to my health such as sleep, massage, lunch with friends and meditation.

Signature: