

The MAX & DUMBBELLHOUSEWIFE

2018 Fitness Contract

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

2-This year I will commit to training for performance and not for a look.

3-I will not care about a number on the scale. This year is about how I feel and how I am performing as an athlete.

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

5-I will change my relationship with food. Food is not the enemy.

6-I will show up and get the training that I need. No excuses this year.

7-I will try to get at least 7-8 hrs of sleep every night.

8-I will stretch out after every workout.

9-I am going to be disciplined, focused, self-confident, and committed to myself and the people that I love.

10-I am going to do things that scare the living crap out of me. I will not let FEAR keep me from doing things that I want to do.

Sign: