

## Fit & Lean in 2014

1.1: Making the Commitment

Reasons Why I Want to Adopt a Healthy Lifestyle:

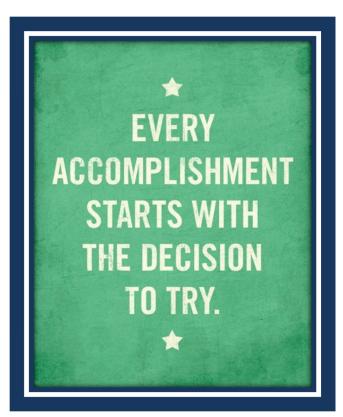
My Wellness Pledge:

I,\_\_\_\_\_

promise to make healthy & positive choices so that I can live a healthy lifestyle and reach my goals.

Signature

Date



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