



Presents



Your Fat Loss Contract

Review the following list. This is an overview of some of the basic steps you can start to take immediately to help maximize fat loss. There are 11 things you must commit to in order to achieve your goals in a safe, effective and permanent fashion.

- 1. You must exercise aerobically 5-7 days each week for 20 – 60 minutes each session. You must exercise at an intensity that gets you breathing and sweating, at a perceived exertion rating of 5-8 on a scale of 10. Activities such as walking, jogging, cycling, swimming, rowing, stair climbing or fitness classes will do the trick.**
- 2. You must condition your muscles with resistance training workouts 2x per week. One set of 8-12 repetitions of your exercises is sufficient.**
- 3. You must eat 3 small meals and 2 snacks each day.**
- 4. You must eat 5 vegetable servings and 3 fruit servings each day.**
- 5. You must drink 8 glasses of water each day.**
- 6. You must limit your alcohol intake or eliminate it from your diet.**
- 7. You must stop eating 3 hours before bedtime.**
- 8. You must make a commitment to maintaining a more active daily lifestyle.**
- 9. You must be sure to get enough sleep.**
- 10. You must control your stress levels**
- 11. You must complete your Daily Exercise and Nutrition log every day.**

I promise to follow the above prescription to the best of my ability.

Date: _____ Signed: _____

Date: _____ Witness Signature: _____