

## The Brain-Change Challenge Contract

I, \_\_\_\_\_, am ready to work hard and to keep at it when circumstances work against me. I will take control of my food issues once and for all and will focus on my optimal health and fitness. By signing this contract, I am making an unconditional commitment to God, myself, and those who love and care about me. I will give my best every day.

From now on I will be *truthful*, even when it hurts. I will stop buying my old excuses—they will no longer hold me back from becoming the person I want to be. I will also be *forgiving* of my past. I accept that I have been slacking in some areas, but I am now done living with disappointment. I am ready to be totally *committed* to creating a new life, no matter what curve balls life throws my way. In order to do this forever, I will take responsibility by understanding the way my body is designed to function. I will be *interested* in nutrition and exercise, and I will try to love it.

I accept that this is going to be difficult some days and that at times I will be frustrated and uncomfortable. However, I also know that doing anything great and worthwhile requires patience, perseverance, and endurance. This is also what makes us "great"! I agree to complete cardiovascular exercise five days a week and to progress into a strength-training program as well. I choose to stop living to eat and start eating to live. I understand that sacrifice and going to bed hungry some nights are what it will take to lose the weight that has been weighing down my life. As I attain my goals, I will continue to put premium food into my body so that I have the best fuel possible to operate on. By living according to this agreement, I will put an end to the old me. I have a new brain. With God's help and my unconditional commitment, I am done fighting this war! I completely and enthusiastically *surrender!*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_