

I, _____ (name), commit to participating in **12 WEEKS TO A BETTER YOU!** and will faithfully keep my commitment to believe, trust, and obey God for the next twelve weeks, beginning today, April 13, 2011 and ending on June 29, 2011.

I commit to these healthy habits:

- Eat “clean” and exercise “smart” daily
- Drink 2-3 L of water daily
- Spend time with God daily
- Enjoy time outdoors daily
- Get adequate sleep daily
- Celebrate with/get encouragement from my team
- Get back on track when necessary

I will allow myself one cheat day per week.

_____ (signature)

MY TEAM

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