

**Print your contract, sign it and keep it where you can renew your commitment to yourself every day.**

# Get With the Program!

## Contract With Myself

I hereby pledge to exercise in accordance with my *Get With the Program!* requirements, to nourish my body with the quantity and quality of nutrients that will make me flourish, and to dedicate my efforts to elevate and care for myself to the best of my ability.

\_\_\_\_\_ Day  
of \_\_\_\_\_ 20\_\_\_\_

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(signature)