Coach Kat and Dr Mimi 6 Month Health and Fitness Course

Student Commitment Contract

I am committed to:

\_\_\_ My own success

\_\_\_ Being involved on Facebook (commenting on posts)

\_\_\_ Asking for help when needed

\_\_\_ Being a good accountability partner

\_\_\_ Submitting a Group Coaching Call Forms

\_\_\_ Attending classes, being prepared, ready to learn, willing to be coachable and take action

\_\_\_ Using MY PT HUB to submit my measurements twice monthly

\_\_\_ Use MY PT HUB to record my food and exercise

\_\_\_ Staying engaged and committed for the entire 6-month program NO MATTER WHAT!

Incantation:

This is my life

I create my own destiny

I have much to give

I have much to learn

I am empowered

I will become healthier

I will reach my health and fitness goals

I will transform my life

I am 100% committed to this 6 Month Health and Fitness Program and take full responsibility for my success and results.

Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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