



Boot Camp Contract

I, _____ hereby commit to 3 - 4 weeks of regular vigorous exercise (at least 5 workouts a week) and to self-control when it comes to eating. I will be focused on challenging my abilities in the pursuit of elevating my physical performance.

In addition, I will not indulge in any alcoholic beverages during the 3- or 4-week period, regardless of the nature of the temptation.

I will terminate my consumption of food three hours prior to my bedtime. (However, if starving, I will consume only lean protein so as not to go to bed hungry.)

I will endeavor to be conscious of when and why I eat and will, to the best of my ability, eat simply to satisfy my nutritional needs as opposed to my emotional needs.

I will also do my best to make healthful food choices.

I realize that this contract is solely with myself and that it carries no rewards, penalties, or punishments other than those associated with the reflection of the strength of my character.

(Signature)

(Date)