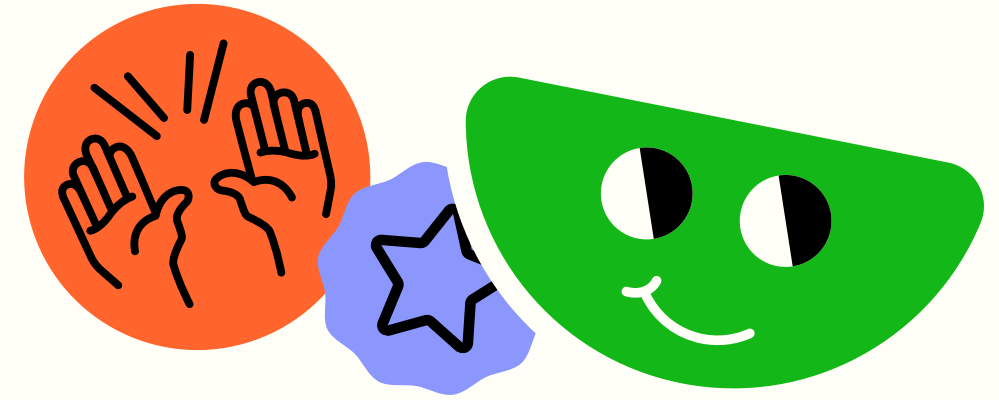


I COMMIT TO _____



My S.M.A.R.T. goals are:

1. SPECIFIC

I want to _____.

2. MEASURABLE

It's accomplished when I _____.

3. ATTAINABLE

It's achievable as I _____.

4. REALISTIC

It's important for my _____.

5. TIME-BOUND

I will celebrate when I _____.

By signing this contract, I commit to beginning a healthy and active lifestyle.

SIGNATURE 1:

SIGNATURE 2:

SIGNATURE 3:

