

**Healthy Lifestyle Contract (Registration Form)**

**Name:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

**Resolution:**

I, \_\_\_\_\_, do hereby resolve to \_\_\_\_\_  
\_\_\_\_\_.

I will accomplish this goal by making the following changes in my lifestyle \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

I will achieve this goal by \_\_\_\_\_ and  
then maintain that goal for 3 additional months to make it part of my lifestyle.

\_\_\_\_\_  
Signature Date

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