

Getting Started with My Health Journey



- **Set Your Goals**
- **Take The Pledge**
- **Take Your Picture**
- **Receive Your Tracking Sheet from your Health Coach**

Your Personal Pledge & Vision Statement will help you solidify your commitment and identify who your Support Team is. This is one of the most important steps to getting started on a healthy journey, so take your time and be thoughtful.

PERSONAL PLEDGE & VISION STATEMENT

I, _____, am fully committed to creating a breakthrough in my personal health and quality of life.

My goal is to reach and maintain my target weight of _____ by losing pounds _____ of unhealthy fat while increasing my lean muscle weight.

Ask yourself:

Is my current weight and state of health preventing me from living my life the way I want to live it? Y___ N___

My "Why"

I know that my success will greatly improve my health, energy levels, and overall quality of life.

My life will be better with each day that I get closer to reaching my goal, because I will be able to:

My Support Team

Research has proven that written goals are much more likely to be achieved and sharing your goals with others will further support your success.

My Sponsor is _____.

My Sponsor is there to offer support, encouragement, advice, and to help guide me through my journey to a healthier, new lifestyle.

Repeat: I will surround myself with positive people who will support me and understand how important my health journey is to me.

My Support Team includes: (you can have as many teammates as you want)

- 1.
- 2.
- 3.

Keep this in a place you can easily access as a reminder of your pledge to yourself.

Signature: _____ Date: _____