

COMMITMENT Pledge to live a Healthy Lifestyle

On this day _____ and every day following this day,
I _____ pledge to make a commitment to myself, my family and friends that I
will;

COMMIT to putting myself first,

COMMIT to The Eight Week Jumpsuit Way Jumpstart Program,

COMMIT to being consistent, COMMIT to exercising regularly,

COMMIT to eating a healthy diet,

COMMIT to keeping a positive attitude,

COMMIT to my healthy lifestyle goals.

CONGRATULATIONS FROM YOUR JUMPSUIT TRAINER AND THE JUMPSUIT WAY FAMILY!

Signature: _____ Date: _____ 😊

“Motivation gets you started but COMMITMENT keeps you going.”