



Whole Body
Healthcare

90 DAY CONTRACT

I, Insert Name Here, agree to go through the next 90 days fully committed to creating my new life by changing my habits regarding diet, sleep, stress management and any other area of life in order to improve my physical, mental, emotional and spiritual health. The reason why I am doing this is Insert Why Here. When I want to quit or when I stumble off the path I will cling to my why like a rock in a storm, my why is what builds my toughness and resiliency. My hope for all of this is Insert Ideal Outcome Here. My hope fuels my enthusiasm and helps me keep moving forward. I will be thankful for Insert Things You are Thankful for Here, this will help me foster an attitude of gratitude. I am not alone on this journey, my accountability partner, Insert Name Here, will be with me to encourage me when I am down and point me back to the path when I wonder off course. For the next 90 days I will live life one day at a time and not worry about tomorrow because it will worry about itself, today is what I will focus on. Put pictures or inspiration below:

Participant

Start Date

Accountability Partner

End Date

thewbh.org



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