

# WELCOME

## CONGRATULATIONS!

You just made an extraordinary commitment to your health and wellness. Over the next several months we will work together to create the goals you set into existence for yourself and your life.

We will have 12 sessions, precisely two per month, over the course of six months.

During our sessions we will determine what goals you want to achieve and formulate attainable action plans. I will support you by providing guidance, encouragement, and holding you accountable to your word. Since most of this program occurs outside of our sessions, namely your everyday life, the results are really up to you.

Please read and sign the following agreement:

I am committed to my own personal health and wellness.

With this commitment I give my word to:

- Be coachable
- Be open to new foods, concepts, and exercises
- Fulfill on the commitments I make
- Eat nourishing foods according to the guidance of my Health Coach
- Exercise according to the guidance of my Health Coach
- Finding a healthy balance between work and play
- Give gratitude in the relationships in my life
- Develop a listening to my body's wants and needs
- Powerfully deal with the stressors in my life
- Begin and end our sessions on time

List any additional commitments below:

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Please sign here