

5 My Healthy Living Contract



I, (_____) ,am committing to myself and loved ones that I will engage in the following health affirming lifestyle choices to achieve my optimum health goals. These goals will improve my quality of life as well as extend my life expectancy.

Date: _____

- Goal #1** Eat Whole Foods, Plant Based foods, low oils (No Fast Foods or Processed Foods)

- Goal #2** Exercise 3 to 4 times a week minimum

- Goal #3** 6 to 7 hours sleep at night

- Goal #4** Sunshine, water, reduce stress

Behavior Goals	Current	Goal	Date Achieved
Weight Goal			
Reduce Glucose/A1C level (Doctor Supervised)			
Reduce Blood Pressure Level (Doctor Supervised)			
Reduce Cholesterol Level (Doctor Supervised)			
Reduce Medications (Doctor Supervised)			
Exercise			
Sleep			
Intermittent Fasting			
Get Sunshine			

NEXT STEPS:



Go to: <https://www.HealthyLivingsavesLives.com>

- 1) Download **My Healthy Living Plan** (located under Resources. Use the plan to transition to a new lifestyle. Implement as many items as possible.
- 2) Download the **GBOMBS** chart to use as a quick reference.
- 3) Download and Use the Accountability Chart to track your progress.