

New Year's Resolution Contract



provided by StraightHealth.com More information on this contract can be found at <http://straighthealth.com/pages/tools/resolutioncontract.html>

Section 1 State your goals and how you plan to achieve them.

Section 2 State all the possible ways you can cheat yourself.

Section 3 State how you will reward yourself once you reach your goal.

Section 4 I agree to get to the goal stated in section 1. I will not cheat myself in anyway possible including what is listed in section 2. Once the goal in section 1 is reached, you

Sign
Witness
Date

Print
Print