

Please Post in a Prominent Place

(Print with the Printer Icon immediately above this page)

IF IT IS TO BE, IT'S UP TO ME

Say this out loud or to yourself as often as you can.

Weight Loss Goal (When you sign this, you are promising to try to “do your very best”)

My personal weight loss goal is to weigh _____pounds.

I would like to reach this goal by_____ (Be Reasonable)

My plan to reach this goal is_____

To consume Cambridge 3 or 4 times a day, and drink a minimum of 8 glasses of water, and add no additional food, **or** to consume Cambridge 3 or 4 times a day without additional food, and the next day add additional food to your 3 Cambridge servings, **or** to consume Cambridge 3 or 4 times a day, and drink a minimum of 8 glasses of water, and add 400, 600, or 800 additional low fat, low sugar nutritious food. (**you choose what will work best for you**)

Exercise Goal

I plan to increase my activity by_____ (Pick something you like) (Walking, exercise with music, swimming, attend a gym or exercise group?)

I will do this activity (How often? How long? What days?)_____

Stress Management

When tempted to overeat because of stress I plan to_____ This should be something you like to do. (Take a walk, polish my nails, or call a friend?) instead of eating.

Message Board Goal

Group reinforcement encourages you to continue with your Cambridge Weight Loss Program.

I plan to post my weight loss successes & and my struggles on the Message Board (How often?)_____

(Once a week, every 2 weeks, or once a month)

I take responsibility for myself!!! I know that how I look, how I feel, and what I eat is entirely up to me. I plan to take my Cambridge 3 or 4 times a day every day, and drink a minimum of 8 glasses of water.
(And For Those Adding Additional Food)

and each day I will try to add ONLY 400, 600, or 800 additional calories of nutritious food.

Signed -----

Date-----