

# Self Agreement

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I \_\_\_\_\_ commit to a life of being active and demonstrating self-control when it comes to my eating.

I will remain focused on challenging my abilities in the pursuit of elevating my physical performance.

I will limit alcoholic beverages during the first three weeks of my program, regardless of the nature of the temptation.

I will consistently terminate the consumption of all food two to three hours prior to my bedtime.

I will endeavor to be conscious of when and why I eat and will, to the best of my ability, eat simply to satisfy my nutritional needs as opposed to my emotional needs.

I will also do my best to make healthful food choices and engage in healthful physical activities consistent with the Le Physique philosophy.

The main reason for making this commitment is:

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I realize that this contract is solely with myself and that it carries no rewards, penalties or punishments other than those associated with the reflection of the strength of my character.

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Signature

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Date