



Life After HCC Contract: March 26 – May 21

1. I will weigh in weekly at the downstairs weight room desk.
2. I will keep a daily food log.
3. I will keep a daily activity log.
4. I will maintain my calorie budget spread throughout the day.
5. I will avoid trans-fats, high fructose corn syrup, high sodium foods, foods with added sugar, and non-whole grain food products.
6. I will be honest with myself and recognize when a weakness is having power over me. I will quickly adjust my attitude with exercise or other positive techniques.
7. I will NOT un-do any positive lifestyle changes I have made during the program.
8. I will contact Janis, Judith, my trainer, or teammates when I have questions or concerns about my progress.

Signature