

My
Commitment
To Myself

I commit to the following for the next 12 weeks:

All of these points are explained more fully within the text of Heidi's Lose Size & Energize. Please refer to this book for explanations of why these things are important.

	I agree to this	I need to modify this
Body Monitoring		
I will undertake this challenge for the next 12 weeks		
I will go to the doctor and get a checkup prior to commencing this program to ensure it is safe for me to exercise and undertake a lifestyle change.		
I will read the book 'Heidi's Lose Size and Energize' in its entirety before starting.		
I will take 'before' photos at the start of the program and 'after' shots at the end of the 12 weeks so I can see my results. Each set of photos will have a shot of my back, my front and my side whilst I am wearing my bathers ¹ .		
I will complete 'My Motivation' for doing the program, found at page 2 of this document, prior to commencing the challenge.		
I will complete a daily exercise and intake diary for the next 12 weeks. The document is titled 'Diet & Exercise & Body Measure' and can be found at http://www.heidi.com.au/lose_size.php		
I will measure my body's progress weekly using the abovementioned document.		
I will re-read this document 'My Commitment to Myself' every week for the next 12 weeks to keep me motivated and focused.		
Eating		
I will eat breakfast, lunch and dinner.		
I will eat like a cave man by: <ul style="list-style-type: none"> • Avoiding refined and processed foods. 		
<ul style="list-style-type: none"> • Eating raw or lightly cooked vegetables aiming to eat a minimum of 2 serves of fruit and 5 serves of vegetables per day. 		
<ul style="list-style-type: none"> • Avoiding eating white fluffy grains. When I do eat grains I will choose small quantities of whole grains which are grainy, gritty and nutty. 		
<ul style="list-style-type: none"> • Aiming to eat around 1 palm of high quality protein per meal. 		
<ul style="list-style-type: none"> • Eating legumes (chick peas, lentils, beans etc) 		
<ul style="list-style-type: none"> • Incorporating good fats into my eating and avoiding unnatural fats (e.g. trans fatty acids) 		
I will only eat when I feel hungry. When I do eat, I will serve myself a small portion and will eat slowly ensuring to chew my food properly and I will stop eating when I feel satisfied, even if this means leaving food on my plate. I will avoid stuffing myself and I will get back in touch with my hunger/satiation mechanism!		
I will remove temptation by throwing out/giving away/donating existing foods that tempt me and by not purchasing foods that I am tempted by.		
I will prepare myself each week to ensure my fridge and pantry is stocked with health giving natural foods.		

¹ To keep you motivated, you can take photos every 4 weeks.

Signed _____

Date: ____/____/20____

	I agree to this	I need to modify this
Living		
I will live as naturally as possible by:		
<ul style="list-style-type: none"> Avoiding additives, preservatives & other unnatural chemicals in food, skincare and cleaning products 		
<ul style="list-style-type: none"> Avoiding foods containing yeast where possible 		
<ul style="list-style-type: none"> Monitoring my number twos to ensure they occur at least once per day 		
<ul style="list-style-type: none"> Drinking around 2 ½ litres of water a day, drunk at regular intervals² throughout the day 		
<ul style="list-style-type: none"> Limiting my caffeine intake to one cup of coffee per day 		
<ul style="list-style-type: none"> Limiting my alcohol consumption to a maximum of six alcoholic drinks per week with at least one alcohol free day³. 		
<ul style="list-style-type: none"> Avoiding genetically modified foods and other chemicals by buying organic/biodynamic foods where possible 		
<ul style="list-style-type: none"> Avoiding nicotine and recreational drugs 		
Exercising		
I will plan my exercise sessions weekly and commit to doing them		
I will warm up before each exercise session and stretch after each session		
I will exercise according to my energy balancing goals. Each week I commit to:		
	For Fat Loss (Creating an Energy Deficit)	For Health (Balancing the Scales)
Weight training	<ul style="list-style-type: none"> 2-3 sessions Weights at 70% to 80% of your maximum 	<ul style="list-style-type: none"> 2 sessions Weights at 70% to 80% of your maximum
Cardiovascular exercise	<ul style="list-style-type: none"> 3-4 times a week At 70% or more intensity For at least 40 minutes, but aiming for 60 minutes 	<ul style="list-style-type: none"> At least 2 times a week At 70% or more intensity For at least 30 minutes
Incidental exercise	<ul style="list-style-type: none"> At least 10,000 steps on days I don't do planned exercise As close to 10,000 steps on days I do planned exercise 	<ul style="list-style-type: none"> At least 10,000 steps on days I don't do planned exercise As close to 10,000 steps on days I do planned exercise
Other		
I will manage my emotions throughout the 12 weeks by journaling my thoughts or seeing a counselor or using some other method that will enable me to release tension so that I don't sabotage my progress.		

² I averaged around 3 litres each day

³ I noticed my fat loss increased dramatically on the weeks when I didn't consume alcohol.

Signed _____

Date: ____/____/20____

