



TLC-WELLBEING CLINIC™
International

Wellbeing through Science, Nutrition and TLC
Est. 1987. Treating Clients in over 100 Countries.

MY TLC-COMMITMENT TO MYSELF

MY PERSONAL WELLBEING CONTRACT

I _____

hereby realise and fully appreciate that in order to achieve my weight loss and wellbeing goals I need to make a commitment to myself that I will follow my TLC-Program exactly as explained and will not deviate.

I therefore promise to...

- * Adhere to the rules of the TLC-Program
- * Eat three meals per day
- * Leave the correct intervals between my meals
- * Weigh all my portions correctly
- * Drink all my water
- * Resist at all costs temptations whenever they arise
- * Exercise on a regular basis
- * Stay on my TLC-Program till I reach my goal

Once I have completed my TLC-Program I promise to commit to a healthier lifestyle.

I realise 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.

Signature

Date