



Get "KINGDOM FIT" **With the** **Weight Loss Challenge!**

It all starts with a MADE UP MIND

"For as he thinketh in his heart, so is he..." Pro. 23:7

"And the LORD answered me, and said, **Write the vision**, and make it plain upon tables, that he may run that readeth it." Hab. 2:2

MY COMMITMENT

Step 1: Make up in your mind that you *WILL* lose weight!

Step 2: Set a weight loss goal and be realistic.

Start with a goal of *no more* than 10% of your current weight.

I currently weigh _____ pounds.

My initial goal is to lose _____ pounds.

Step 3: Set a plan to achieve your goals.

Example: What can I do to take in fewer calories and less fat?

Decide on one or two ways to increase your activity level.

Write your plan down: _____

Step 4: Keep a journal. Weigh yourself at least once a week.

Step 5: Hold yourself accountable...sign your commitment statement, give to a friend or hang it up somewhere it will be a constant reminder to you of your goal(s).

Signature: _____ **Date:** _____