

Healthy Eating Contract

I, _____, hereby vow to abide by this contract in order to create and maintain a healthy lifestyle and _____.

I agree to eat in such a way that I do not weigh more than _____ and no less than _____. I will drink 8 glasses of water a day and exercise at least twice a week. I will not eat in such a way as to become obese, bulimic or anorexic. The purpose of this diet is to maintain a healthy body type and weight.

I will avoid the following foods:

- _____
- _____
- _____
- _____

I will eat the following foods at least three times a week:

- _____
- _____
- _____
- _____

I will eat only limited amounts the following foods:

- _____
- _____
- _____
- _____

This week my goals are:

1. _____
2. _____
3. _____

I, _____ agree to help _____ by not bringing any of the prohibited foods into the house and by encouraging _____ to stick with the diet. _

Signature Date

Witness Date