



Weight Loss Boot Camp

Weekly Contract

Instructions

Complete the following commitments as specifically as possible.

1. Circle boxes for days planned.....M
2. Check boxes for days completed.....M

Commitments for This Week

This week I will:

1. Attend exercise classes on the following days
M T W Th F S Su
2. Exercise on my own the following days:
M T W Th F S Su
3. Follow the menu options in Weight Loss Boot Camp on the following days
M T W Th F S Su
4. Make the following changes in my diet
 - a. _____ M T W Th F S Su
 - b. _____ M T W Th F S Su
 - c. _____ M T W Th F S Su
5. Do the following Relaxation Activities
 - a. _____ M T W Th F S Su
 - b. _____ M T W Th F S Su

Rewards

How you reward yourself is a part of Self Nurturing. This week I will reward myself by:

1. If I complete _____
 I will give myself the following non food reward: _____
2. If I complete _____

Results

Wt: _____ Waist at navel: _____ Hips at widest: _____ Calories Burned: _____

 Signature

 Date

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