

## Commitment to My Health

Today is the day I commit to changing my life.  
Today is the day I realize that all of my actions and words matter.  
*All my actions matter.*  
*All my words matter.*  
Everything I put in my body matters.  
Today is the day I make 1 more healthy decision than yesterday.  
Today is the day I eat 1 new vegetable.  
Today is the day I walk a little further.  
Today is the day I lift a little heavier.  
Today is the day I change my life.

My life will never be the same because of the decision I made today.

I know that to get a different outcome I need to make different decisions today.

Today is the day I make the decision to change my life.

Signed \_\_\_\_\_ date \_\_\_\_\_

How I will make the change.....