


The Source:  **Nutrition/Water Commitment**

I will commit to the following of the “Simple Seven” for the next 30 days:

_____ Increase intake of water. Drink ½ your body weight in ounces everyday. 

_____ Eat breakfast! Get your body burning calories, not storing them. 

_____ Eat every three to four hours. Keep the “burn” going. 

_____ Stop eating 2 hours before bedtime. Sleep is meant for rest, not to digest. 

_____ Eat quality food. Prove to your body it will have what it needs. 

_____ Whole Grains

_____ Clean/Lean Proteins

_____ Healthy Fats

_____ Fruits & Veggies/Juice Plus

_____ Replace comparison with gratitude. This is YOUR body, YOUR story. 

_____ Move at least 5 days a week/30 minutes a day. Move for momentum. 

***I am willing to limit or “cut down” the following “Toxic Ten”
from my diet for the next _____ days:***

_____ Alcohol

_____ Soda

_____ White Bread/Pasta

_____ Artificial sweeteners

_____ White Sugar

_____ High Fat Dairy

_____ Fried Foods

_____ Hydrogenated Oils

_____ High Fructose Corn Syrup

_____ MSG