



COMMITMENT CONTRACT

I, _____, promise to STOP dieting for GOOD and FIND FOOD FREEDOM.

I commit to becoming a mindful eater, someone who eats with joy and pleasure.

I will respect my body and give it the nutrition it needs to thrive.

From this point on, I let go of the guilt, anxiety and panic about food.

I will be health-conscious, not weight-conscious.

I choose to be healthy and glowing, not depleted and deprived.

I vow to give thanks for my meals, and remind myself that food is abundant –

I'm lucky to know where my next meal is coming from.

I will tune in to my hunger and satiety signals, and respond to them accordingly.

I will keep tabs on my emotions and if/how they're affecting my eating.

I will remember that I am enough, and food does not have power over me.

I will move my body in ways that feel good, not to punish myself but to improve my quality of life.

Signature

Date