








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
 - Healthy Fats
 - Clean/Lean Proteins
 - 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:

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Soda | <input type="checkbox"/> White Bread/Pasta | <input type="checkbox"/> Artificial sweeteners |
| <input type="checkbox"/> White Sugar | <input type="checkbox"/> High Fat Dairy | <input type="checkbox"/> Fried Foods | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> High Fructose Corn Syrup | | | <input type="checkbox"/> MSG |