



ChallengeME Contract For Healthier Living In 2019

I am making a commitment to myself to begin making healthier choices and to take actions that will contribute to a healthier lifestyle. I am doing this to achieve certain personal goals that are important to me, and important to those who depend on me. My prioritized, realistic and achievable goals are:

#1 _____ Target Completion Date: _____

#2 _____ Target Completion Date: _____

#3 _____ Target Completion Date: _____

I understand that:

- I will achieve my goals by making progress one day at a time
- I will be more successful if I involve family and friends
- I must be flexible, and won't be hard on myself if I slip-up
- Confidential one-on-one help is available from ChallengeME Health Coaches
- This contract is strictly for me, to remind me of the commitment I am making

I also understand that there are many benefits to making even small daily changes. These can include feeling better, looking better, having increased strength and energy, and avoiding such things as obesity, high blood pressure, heart disease, diabetes and other health problems. I understand that by sticking to my commitment, I will improve my quality of life.

I make this commitment to myself, and pledge to see it through, every day.

ChallengeME Participant Name (printed)

Signature

Date

Define one or more specific measurable goals with a realistic deadline. Make sure the goal is something that is important to you – something you really want to accomplish. Create a clear vision in your mind of how you will benefit from achieving your goal(s). Make it measurable, and define a target completion date.

These are broad goals. Be specific about the small steps needed to reach a larger goal.

- Reduce Stress Overall
- Reduce Stress over Finances
- Lose Weight
- Spend More Time with Family
- Increase Physical Activity
- Improve Stamina/Energy
- Increase Strength
- Quit Tobacco
- Improve Nutrition/Eat Healthier
- Reduce Sugars/Reduce Carbohydrates
- Drink More Water
- Get More Sleep/Sleep Better

FOR IDEAS OF THE SIMPLE DAILY STEPS YOU CAN
TAKE TO LIVE A HEALTHIER LIFESTYLE, VISIT

mainedot.gov/challengeme

Remember - you can do it!
Make the commitment to yourself today!