

My Personal Contract

I hereby pledge to:

- Follow the **Nutrition FUNdamentals** program for six weeks
- Use what I learn to make healthy food choices
- Eat reasonable portion sizes
- Eat to satisfy my nutritional requirements rather than my emotional needs
- Focus on improving my overall health and well-being

Signature: _____

Date: _____

My personal goal for joining this program is:

Five reasons why I want to achieve my goal:



BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.SM