

My Personal Contract

I hereby pledge to:

- Follow the **Stress FUNdamentals** program for six weeks
- Use what I learn to reduce stress in my life
- Get more quality sleep
- Laugh more
- Develop a financial management plan
- Focus on improving my work-life balance
- Simplify my holidays to reduce stress

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.™