



## Contract with Yourself

\_\_\_\_\_ Yes! I'm 100% committed to following through to reach my health goals, and I commit to "show up" every week for 12 weeks, to do all of my assignments, and to stick with my Optimal Health Plan in order to get into the state of health that I've set as my goal.

\_\_\_\_\_ I'm going to stick with it this time. I'm committed to make the changes needed to transform my life and make lasting lifelong changes.

\_\_\_\_\_ I agree to listen to each week's program a minimum of 3 times in order to gain maximum value for the program.

\_\_\_\_\_ I realize that everyone's body chemistry and genetic makeup is different and that everyone responds differently to this program therefore results may vary. However... what I put into this program is what I'll get out of it.

\_\_\_\_\_ I understand that Rose is 100% committed to helping me reach my health goals, and I agree to meet her with 100% commitment.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.