

# **Bikini Bod by Memorial Day Challenge**

## **Commitment Contract**

### **Exercise**

*(i.e. I will commit to doing the 10min Calorie Torcher Workout 4x/wk. or I will be active every day for at least 30min.)*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

### **Nutrition**

*(i.e. I will limit alcohol and sugar to 1x/wk. or I will drink the recommended 2 liters of water a day.)*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

### **Mindset**

*(i.e. I will hold myself accountable by posting a picture of my food or me doing something physical everyday with the hashtag #MMBBC or I will write at least one positive thing about myself every day in my journal.)*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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