

COMMITMENT CONTRACT

Why do we have a commitment contract? Because when the going gets tough, or when something's new and a challenge it's easy to quit and the act of signing something encourages us to be accountable.


I'm also here as your coach for the purpose of accountability.

Interesting fact? The American Society of Training & Development recently did a study that showed we have a 65% chance of completing a goal when we have a commitment to someone, and a 95% chance of success when we have a specific accountability appointment with that person! Ninety. Five. Percent!

So you're on the right track. There are lots of people out there happy to advise on losing weight or hormone balance but they've never done the hours of learning or achieved it themselves! I've done both and it's been a heck of a bumpy ride at times. So can I impart some wisdom? Even if you hate the 21-days, finish it because it works and all of a sudden you'll have formed new (good-for-you) habits.

One of my wonderful functional medicine gurus often says that many women in peri/menopause want to be able to take a pill that makes their symptoms go away and allows them to continue self-medicating with chocolate, caffeine, red wine but that bus has run out of gas. Once we hit our 40s/50s our bodies experience dramatic shifts and ask us for support so it's imperative we listen.

The 21-Day Hormone Detox is not a diet, it's a lifestyle designed to help you manage your weight, balance your hormones and stop eating your feelings.



During the program, I will never judge you but more importantly, you mustn't judge you. Most of us have an inner mean girl who can be very vocal but if you fall off the rails it's not the end of the world. There's a new day tomorrow and I give you full permission to be a beginner. So do your best then rinse and repeat.

THE CONTRACT

I, _____, commit to the 21-Day Hormone Detox for Happy Hormones, Happy Weight & A Happy Life.

I plan to do my shopping according to the provided list and eat my meals as suggested or substitute with meals that are similar in fresh, whole food content.

In addition, I commit to looking after myself during this time by going to bed early, staying hydrated with plenty of fresh water and moving my body every day – avoiding strenuous activity but working with something like a 30-minute walk, yoga or a swim and perhaps adding some weight training to my regime for bone density.

I acknowledge that Jenna is available to answer questions and provide free coaching if I should need it.

I commit to this in good faith

Signed:.....

Date:.....