

Fitness & Health Promise

I ~~should~~, I ~~might~~, I Can! I Will!

This Promise guide is for your own personal use. Provide honest answers or comments on the following questions or statements. You should keep this FHP in a place that you can easily access to remind yourself of the promise you made to yourself. The only person you need to share this with is YOU!

Daily Habit:

List **one** Daily Habit you can create (other than attending Workout Bandit™ routines) to further enhance a healthy lifestyle. *Keep it simple!* (e.g., reduce sweets, less nighttime snacking, healthier breakfast meal, portion your meals, limited alcohol, track your habits – “Point the Way” for example, etc.) This must be something you can do **consistently for three weeks**, so keep this promise to “ONE” daily habit.

New Healthy Daily Habit: _____

Excuse Control:

Measure the frequency and honesty of your excuses. Do you find yourself coming up with reasons to avoid healthy habits? For example, do you say, *“I won’t drink that protein drink because it doesn’t taste good.”* *“I can’t take vitamins because the tablets are too big.”* *“Nutrition is too confusing!”*

Ok, what can you do to make the protein drink taste better? Can you add honey, stevia, cinnamon, chocolate almond milk, etc.? Can you break the vitamin in half? Can you take a liquid vitamin instead?

Listen to what you say. Good speakers know if they are saying “ah” every other word. This is a nervous habit. When they ‘pay attention’ to their nervous habits they can learn to control or eliminate them. How often to you hear people using the word “like” more often than they use the word “the?” It’s like, you know, like used so much that like it sounds like your voice like is stuck like a record that like skips!

When you hear yourself making an excuse, note it and be honest. If you agree that it is an excuse (making excuses is a bad habit), try a “choice” in place of an excuse. Choose to say, “Well, that won’t work for me, but if we can do (choice) I think it would work.”

Interview Yourself:

What does feeling good feel like? _____

Do I feel good most every day? _____

Have excuses shaped my lifestyle? _____

Why do I work out? Or, not work out? _____

How important is being healthy? _____

Why is being healthy better than being sick? This may sound like a silly question, but if most people had the answer they would do everything possible to create a healthy lifestyle. What is your answer? _____

Is there room for improvement in what I eat? _____

What is my worst eating habit? _____

Am I doing anything 'in between' workouts to de-stress such as 5-minute stretch sessions, breathing techniques, etc.? _____

What are my healthy habits (regularly take supplements, workout at least 3 times a week, stop short of stuffing myself)? _____

What are the habits that might be slowly hurting my health? _____

Have I performed a kitchen cabinet and refrigerator audit to clean out the crap? _____

Do I know if what I am eating is good for me? _____

Do I read labels on products ("good habit" by the way)? _____

The above guide is certainly **not all-inclusive**. It is simply to **get you thinking** about your current 'lifestyle' and whether there is **room for improvement**. After considering your answers, **write a promise to yourself that you know you can keep!** Whatever promise you make **must be attainable**. It must be **planned** so your new habits seamlessly **replace** your old habits. If the process causes pain and discomfort (such as withdrawal symptoms as you stop drinking pop, or eating pastries for breakfast) you might revert to what is comfortable and familiar (and dangerous.) Once you have successfully followed through on your first promise, go back and make another one. Maybe a bolder one!

Time to get in S.H.A.P.E.!

Start date: _____

Help from: _____

Assess the obstacles: _____

Plan the process: _____

Execute the promise: _____

I promise to _____
