

# Smokin' Hot Mama Club's Health Challenge

I commit to becoming my very best.  
I commit to being honest.  
I commit to discipline & dedication.  
I commit to encouraging my fellow SHM's.  
I commit to a healthy lifestyle I can maintain.  
I commit to loving myself a little more each day.

I commit to losing a total of \_\_\_\_\_ pounds and weighing a healthy, fit \_\_\_\_\_ pounds in 2012.



\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**This is my Commitment**

(and darn it, I mean business!)