



## COMMIT TO GET FIT

I \_\_\_\_\_ have decided that today \_\_/\_\_/\_\_\_\_\_ is the day I will commit to get fit by accepting the challenge to cut 250 calories per day from my diet and move my booty to burn 250 calories.

I will not allow small setbacks to interrupt my commitment and derail my efforts. I will trudge forward knowing that I can and will succeed in achieving **my** goals. When I get discouraged I will refer to [www.candoit2.com](http://www.candoit2.com) for inspiration and share thoughts on the open forum challenge. I will seek encouragement from others as well as encourage others in continuing their journey as I continue mine!

I will complete my affirmation and from this day forward refer to it daily, as there is no finish line with fitness.