

I, _____, will commit the next _____ weeks to build a stronger body and mind. From _____, for a total of _____ weeks, I will plan, weigh, and track every ingredient I eat, abstain from processed foods, commit to an intermittent fasting schedule, and time my carbohydrate glycemic intake with my workouts with no more than one cheat meal per week. I will drink at least _____ of water every day. I will push myself with strength training _____ days a week and with cardio _____ days a week, as well as any other goals outlined. These goals may be difficult, but with the support of Fit Friends Club, I will succeed!
