

COMMITMENT CONTRACT

I am so excited to have you join this program!

I've been blown away by the transformation and empowerment that our patients have gone through by following this program and the recommendations and I am excited to see a similar level of success for you!

In the weeks ahead, you may be amazed by how much better you feel! However, seeing those results requires a commitment on your part. One of the best ways to be sure you stay the course is to commit to the calendar, our community, and ensure you are tracking your progress along the way.

This contract is as much with yourself as it is with me or your accountability partners. It's the first step in taking your health into your own hands. **I invite you to sign the contract below, carry it with you, put it on your vision board, hang it on your fridge and share it in our private Facebook group.**

I, _____, commit to completing the Hormone Rebalance Online Program.

My start date is _____ .

I know that life will get busy in the coming weeks, but I am committed to following all 3 phases of the Hormone Rebalance Online Program. I will also stay in regular contact with my accountability partners or the Facebook group to be sure I have the support I need.

Name: _____ Date: _____

Signature: _____ Witness: _____