



As a Fit Bottomed Girl, I _____ pledge to love myself unconditionally by:

- Not letting the number on the scale determine my self-worth
- Focusing on what I love about myself
- Ditching perfection
- Elevating my conversations away from "fat talk"
- Doing workouts I love
- Eating healthy foods that bring me energy
- Listening to and respecting my hunger and fullness levels
- Taking time for myself every day to relax and reconnect to my true self
- Celebrating the process of becoming a better me

I understand that there is no due date or end date on this contract as it's MY LIFE. And, as Bon Jovi so wisely says, it's now or never.

Signature: _____

Date: _____