



Bob Greene's Best Life Diet



The Best Life Contract with Myself

I, _____, hereby commit to a life of being active and demonstrating self-control when it comes to my eating. I will remain focused on challenging my abilities in the pursuit of elevating my physical performance. In addition, I will not indulge in any alcoholic beverages during the first two phases of the Best Life program, regardless of the nature of the temptation. I will also consistently terminate the consumption of all food two to three hours prior to my bedtime. I will endeavor to be conscious of when and why I eat and will, to the best of my ability, eat simply to satisfy my nutritional needs as opposed to my emotional needs. I will also do my best to make healthful food choices consistent with the Best life philosophy.

I realize that this contract is solely with myself and that it carries no rewards, penalties or punishments other than those associated with the reflection of the strength of my character.

Signature

Date