

Team Focus on Fit

Fitness success is directly tied to accountability



I COMMIT TO
Exercise & Eat right
The Beachbody Products
The Beachbody Business
The Team

I COMMIT TO FOCUS ON FIT®



Thanks for Supporting CHERUBS

I Commit to Focus on Fit Commitment Agreement

By: _____
Participant

The purpose of this agreement is to serve as a reminder and to help me stay on track with my commitment to follow my nutritional and fitness program with Million Dollar Body in order to reach my goal of _____

I understand that staying fit and healthy is a way of life which I commit to following on a regular and ongoing basis. I commit to diligently follow along with the exercise and dietary plan(s) outlined in my chosen Million Dollar Body exercise program. I further commit to continually wear my I Commit to Focus On Fit™ wristband to help remind me to stay committed to my goals.

I also understand that a COMMIT-ment like this may require some support and encouragement from time to time so I am enlisting the help of my friends, family and co-workers to help me keep my commitment and to stay on track with my goals.

Participant Date

As a Fitness Witness, I promise to help and assist the above signed person to stick with their exercise and dietary goals to which they have committed.

Fitness Witness Date

Fitness Witness Date

Fitness Witness Date

Fitness Witness Date

