



# From Fat to Thin Thinking



This contract represents a powerful decision. No matter what, you are now an Apprentice on a lifelong journey to release weight and master the skills and mindset that will keep you at your ideal weight for the rest of your life.

## APPRENTICE OF WEIGHT MASTERY CONTRACT

I, (name) \_\_\_\_\_ am now an Apprentice of Weight Mastery.

By being an Apprentice, I commit to learning, evolving, and improving my relationship with food and exercise, my body and myself.

I am shutting the door on the prison of my Weight Struggle, choosing the path of Weight Mastery instead. I am ready to begin my journey and by signing this contract it means that I will never turn back or start over.

I will participate fully, keep an open mind (and heart), stretch, and push myself past where I normally stop, because where I stopped kept me in the struggle and living the same predictable outcome over and over again. I also promise to have fun and enjoy the journey as I release weight and achieve weight mastery!

Sign here: **Weight Mastery Apprentice:** \_\_\_\_\_

**Date:** \_\_\_\_\_

